

Behavioral Health Suite of Services

 Resources for Improved Well-Being	 <p>Savings on massage therapy, yoga, meditation, and more.</p>	ProvidenceHealthPlan.com/LifeBalance
 Self-Management & Mindfulness Tools	Health Coaching <p>Personalized support from a Providence Health Coach to help reduce stress and achieve your health goals, for ages 18+.</p> ProvidenceHealthPlan.com/HealthCoaching	 learntolive <p>Self-guided virtual therapy using Cognitive Behavioral Therapy (CBT) to help manage well-being. Available 24/7 within the app.¹</p> <ul style="list-style-type: none">• Access code: PHPPEBB LearnToLive.com/Welcome/ProvidenceHealthPlan
 Telehealth/Virtual	Behavioral Health Concierge® <p>Virtual appointments with Providence licensed behavioral health clinicians within 7 days. Available to eligible members in OR, WA, CA, ID, MT, and TX.</p> Providence.org/BHC	 joon <p>Virtual therapy and support for suicidal thoughts for ages 13-26. Available to eligible members in OR, WA, TX, CA, DE, PA, and NY.</p>  nocd <p>Specialized treatment for OCD for all ages uses Cognitive Behavior Therapy (CBT), including effective Exposure and Response Prevention (ERP), and self-help tools within the app.</p>  vitahealth <p>12-week virtual therapy program helps individuals with suicidal thoughts, depression, anxiety, PTSD, and more, with help available within 2 days.</p>
 Broad Clinical Support	Behavioral Health Network <p>Local and nationwide in-person and virtual services for all ages, along with access to a specialized behavioral health network.</p>	Provider Directory ProvidenceHealthPlan.com/FindAProvider <ul style="list-style-type: none">• Go to the Provider Directory and search using your Member ID• Select "Find a care provider"• Select "Mental Health/Substance Use Disorder"
 Care Management & Crisis Support	Behavioral Health HUB <p>Immediate 24/7 access to a crisis triage care team with real-time referrals.</p> 503-574-7500 or 800-878-4445 (TTY: 711)	Emergency & Urgent Care Services <ul style="list-style-type: none">• Inpatient and residential care• Partial hospital care

To learn more, visit

ProvidenceHealthPlan.com/BehavioralHealth

Call or text the **988 Suicide and Crisis Lifeline** if you or someone you know needs immediate crisis care.

¹ Access code required and varies depending on plan type. Call Customer Service to get your code.

² Psychiatrists have the ability to prescribe medication.

³ Access to Talkspace varies depending on plan type. Call Customer Service at 503-574-7500 or 800-878-4445 (TTY: 711) to see if your benefits include access to this network.