






Behavioral Health Suite of Services

Providence members have more choice in how they want and need to access services and care.

Behavioral Health isn't a one-size-fits-all solution. Each person is unique, so we work to offer a mix of services and solutions. Here is a quick look at our suite of offerings:

 Resources for Improved Well-Being	Resources to Relax & Recharge <ul style="list-style-type: none">• Savings on massage therapy, yoga, meditation, and more	<ul style="list-style-type: none">• LifeBalance: ProvidenceHealthPlan.com/LifeBalance
 Self-Management and Mindfulness Tools	Stress Management Health Coaching <ul style="list-style-type: none">• ProvidenceHealthPlan.com/HealthCoaching• One-on-one health coaching sessions• Personalized goal setting with manageable steps• A program designed to empower members to achieve their health goals	Learn to Live <ul style="list-style-type: none">• LearnToLive.com/Welcome/ProvidenceHealthPlan• Self-directed virtual therapy to manage mental well-being• One-on-one coaching, mindfulness exercises, and live and on-demand webinars• Available at any time within the app• Access Code: PEBB
 Telehealth/Virtual	Behavioral Health Concierge <ul style="list-style-type: none">• Providence.org/BHC• Quick access to direct care with Providence providers• Extended hours 7 a.m. - 8 p.m., seven days week• Help with life stressors, mental health, and addiction issues Equip <ul style="list-style-type: none">• Virtual, eating disorder treatment• Kids and young adults ages 6-24• Family-Based Treatment (FBT) matched with a multi-disciplinary team	Talkspace <ul style="list-style-type: none">• Talkspace.com/ProvidenceHealthPlan• Telehealth provider of virtual psychotherapy for teens (13+) and adults• Be matched to a provider within 48 hours• Connect through text, call, or live video• Access to therapy, psychiatry,* or both Charlie Health <ul style="list-style-type: none">• Virtual Intensive Outpatient Program (vIOP)• Teens and young adults ages 11-30• Personalized treatment plans, including group and family / individual therapy
 Broad Clinical Support	Behavioral Health Network <ul style="list-style-type: none">• Local and nationwide access• In-person and virtual services• Age-specific care (kids, teens, adults)• Access to specialty behavioral health network	Provider Directory <ul style="list-style-type: none">• ProvidenceHealthPlan.com/FindAProvider• Go to the Provider Directory and search using your Member ID• Select "Find a care provider"• Select "Mental Health/Substance Use Disorder"
 Crisis Care	24/7 Crisis Line (HUB) <ul style="list-style-type: none">• Immediate access 24/7• Team trained in crisis triage care• Real time referrals	Urgent Care <ul style="list-style-type: none">• Inpatient and residential care• Partial hospital care

Call Providence Customer Service at [503-574-7500](tel:503-574-7500) or [800-878-4445](tel:800-878-4445) and they will help connect you directly to our clinical department

*Psychiatrists have the ability to prescribe medication

Learn more at ProvidenceHealthPlan.com/BehavioralHealth or call Providence Customer Service at [800-878-4445](tel:800-878-4445)