

Behavioral Health Suite of Services

With Providence Health Plan, you have more choice in how you want and need to access care.

 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">• ProvidenceHealthPlan.com/LifeBalance
 Self-Management and Mindfulness Tools	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• One-on-one coaching, mindfulness exercises, and live and on-demand webinars• Available at any time within the app• Access Code: PHPPEBB
 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. (Pacific Time), seven days a week• Help with life stressors, mental health, and addiction issues• Available to eligible members residing in OR, WA, ID, CA, MT, and TX 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	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 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 Joon Care <ul style="list-style-type: none">• Suicide and crisis support• Virtual sessions with a licensed therapist• Teens and young adults ages 13-26• Available to eligible members residing in OR, WA, TX, CA, DE, PA, and NY
 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 number• Select “Find a care provider”• Select “Mental Health/Substance Use Disorder”
 Care Management & Crisis Support	Behavioral Health Hub <ul style="list-style-type: none">• Immediate access 24/7• Team trained in crisis triage care• Real-time referrals• Call 800-878-4445 (TTY: 711)	Emergency & Urgent Care Services <ul style="list-style-type: none">• Inpatient and residential care• Partial hospital care

*Psychiatrists have the ability to prescribe medication

Learn more at ProvidenceHealthPlan.com/PEBB or call Customer Service at **503-574-7500** or **800-878-4445 (TTY: 711)**

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