

# Behavioral Health Suite of Services

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

 <b>Resources for Improved Well-Being</b>	<b>Resources to Relax &amp; Recharge</b> <ul style="list-style-type: none"><li>• Savings on massage therapy, yoga, meditation, and more</li></ul>	<ul style="list-style-type: none"><li>• <a href="https://ProvidenceHealthPlan.com/LifeBalance">ProvidenceHealthPlan.com/LifeBalance</a></li></ul>
 <b>Self-Management and Mindfulness Tools</b>	<b>Health Coaching</b> <ul style="list-style-type: none"><li>• <a href="https://ProvidenceHealthPlan.com/HealthCoaching">ProvidenceHealthPlan.com/HealthCoaching</a></li><li>• One-on-one health coaching sessions</li><li>• Personalized goal setting with manageable steps</li><li>• A program designed to empower members to achieve their health goals</li></ul>	<b>Learn to Live</b> <ul style="list-style-type: none"><li>• <a href="https://LearnToLive.com/Welcome/ProvidenceHealthPlan">LearnToLive.com/Welcome/ProvidenceHealthPlan</a></li><li>• Self-directed virtual therapy</li><li>• One-on-one coaching, mindfulness exercises, and live and on-demand webinars</li><li>• Available at any time within the app</li><li>• Access Code: PEBB</li></ul>
 <b>Telehealth/Virtual</b>	<b>Behavioral Health Concierge</b> <ul style="list-style-type: none"><li>• <a href="https://Providence.org/BHC">Providence.org/BHC</a></li><li>• Quick access to direct care with Providence providers</li><li>• Extended hours 7 a.m. – 8 p.m. (Pacific Time), seven days week</li><li>• Help with life stressors, mental health, and addiction issues</li><li>• Available to eligible members residing in OR, WA, ID, CA, MT, and TX</li></ul> <b>Talkspace</b> <ul style="list-style-type: none"><li>• <a href="https://Talkspace.com/ProvidenceHealthPlan">Talkspace.com/ProvidenceHealthPlan</a></li><li>• Telehealth provider of virtual psychotherapy for teens (13+) and adults</li><li>• Be matched to a provider within 48 hours</li><li>• Connect through text, call, or live video</li><li>• Access to therapy, psychiatry,* or both</li></ul>	<b>Equip</b> <ul style="list-style-type: none"><li>• Virtual, eating disorder treatment</li><li>• Kids and young adults ages 6-24</li><li>• Family-Based Treatment (FBT) matched with a multi-disciplinary team</li></ul> <b>Charlie Health</b> <ul style="list-style-type: none"><li>• Virtual Intensive Outpatient Program (vIOP)</li><li>• Teens and young adults ages 11-30</li><li>• Personalized treatment plans, including group and family/individual therapy</li></ul> <b>Joon Care</b> <ul style="list-style-type: none"><li>• Suicide and crisis support</li><li>• Virtual sessions with a licensed therapist</li><li>• Teens and young adults ages 13-26</li><li>• Available to eligible members residing in OR, WA, TX, CA, DE, PA, and NY</li></ul>
 <b>Broad Clinical Support</b>	<b>Behavioral Health Network</b> <ul style="list-style-type: none"><li>• Local and nationwide access</li><li>• In-person and virtual services</li><li>• Age-specific care (kids, teens, adults)</li><li>• Access to specialty behavioral health network</li></ul>	<b>Provider Directory</b> <ul style="list-style-type: none"><li>• <a href="https://ProvidenceHealthPlan.com/FindAProvider">ProvidenceHealthPlan.com/FindAProvider</a></li><li>• Go to the Provider Directory and search using your Member ID number</li><li>• Select “Find a care provider”</li><li>• Select “Mental Health/Substance Use Disorder”</li></ul>
 <b>Care Management &amp; Crisis Support</b>	<b>Behavioral Health Hub</b> <ul style="list-style-type: none"><li>• Immediate access 24/7</li><li>• Team trained in crisis triage care</li><li>• Real-time referrals</li><li>• Call <b>800-878-4445 (TTY: 711)</b></li></ul>	<b>Emergency &amp; Urgent Care Services</b> <ul style="list-style-type: none"><li>• Inpatient and residential care</li><li>• Partial hospital care</li></ul>

\*Psychiatrists have the ability to prescribe medication

Learn more at [ProvidenceHealthPlan.com/PEBB](https://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.