

# Our caring team helps you find the right support

Mental health is part of your overall well-being. It's important to get the right support for behavioral health patterns.



## We're here to help

If you or a loved one needs help with a mental health or substance use concern, you're not alone. Through your Anthem Blue Cross and Blue Shield benefits, you can quickly find expert, compassionate, and confidential care – often at low or no extra cost. You have access to a wide range of programs and services online, on the phone, in person, or through video – whatever is most convenient for you.



## Mental health resources

**Behavioral Health Case Management.** If you're trying to manage a behavioral health condition, you don't have to do it alone. Our behavioral health case managers are licensed mental health professionals who provide strong support for you and your family. They offer guidance for you and your loved ones to help improve your quality of life.

**Emotional Wellbeing Resources.** Learn effective ways to develop resilience, reduce stress, and practice mindfulness. Digital tools help you identify thoughts and behavior patterns that affect your emotional well-being. Through online programs and personalized coaching, you'll learn effective ways to manage stress, anxiety, depression, substance use, and sleep issues.

**Autism Spectrum Disorder Program.** Receive support for a covered family member with an autism spectrum disorder. Our licensed behavior analysts can help you navigate the healthcare system and address any unique family challenges. We focus on the whole family and work with all of you to understand and access available care.

## Connect with Sydney Health for Virtual Visits

Use Sydney Health for a convenient way to find information about your medical, pharmacy, dental, vision, and behavioral health benefits.

You can schedule virtual visits with psychologists and therapists within seven days using our **Sydney<sup>SM</sup> Health** app – half the time needed for scheduling in-person appointments.



For help with...	This program is available.	How to access.
General behavioral health and severe anxiety, depression, trauma, and substance abuse	<u>Aspire365</u> brings personalized, at-home mental health and substance use treatment to people ages 13 and older over a 12-month period. The program works around your schedule, providing 24/7 clinical support, telehealth and in-person visits, and access to community group sessions.	<b>Aspire365: virtual and in home Visit Find Care</b> at <a href="http://anthem.com">anthem.com</a> . Learn more at <a href="http://aspire-365.com">aspire-365.com</a> .
General behavioral health and medication management for ages 1 and older	Headway matches individuals with therapists based on their needs. Offering on easy-to-use scheduling platform on their website, the average new-patient appointment is available in less than five days.	<b>Headway: virtual and in person Visit Find Care</b> at <a href="http://anthem.com">anthem.com</a> . Learn more at <a href="http://headway.co">headway.co</a> .
General behavioral health, psychiatric care, medication management for ages 5 and older	<u>Rula</u> offers services for individual therapy, medication management, couples therapy, family therapy, and psychiatric care. They offer an easy-to-use online scheduling platform.	<b>Rula: virtual Visit</b> <a href="http://rula.com">rula.com</a> .

