

It's OK to need support.

You wouldn't leave a physical injury untreated, and your behavioral health is no different. We need to focus on our full health, both mind and body, to be healthy. There is no shame in getting help. It is a shame not to.



Behavioral health resources

TYPE	NAME	PURPOSE	COST	CONTACT
Health insurance member services	BCBS Plan	In-network provider and behavioral health programs	Copay	Point 1 Point 2 Point 3
Employee Assistance Program (EAP)	<i>Example</i>	<i>Example</i>	Free	Point 1 Point 2 Point 3
Telehealth	<i>Example</i>	<i>Example</i>	Copay	Point 1 Point 2 Point 3
Online self-guided tools	<i>Example</i>	<i>Example</i>	Copay	Point 1 Point 2 Point 3
Local behavioral health support organizations	<i>Example</i>	<i>Example</i>	Free	Point 1 Point 2 Point 3
National services	National Suicide Prevention Lifeline	The Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.	Free	800-273-8255 suicideprevention lifeline.org

Talk to your HR team if you need assistance with what resources are available to you.

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association.