



BlueCross BlueShield of Texas



It's Okay to Need Help

Take care of your mental health to cope after a traumatic event.

When unthinkable acts of violence strike close to home, the scope of the tragedy can be impossible to process. Normal coping mechanisms may not be enough.

Care from a mental health expert can help you manage your emotions and deal with traumatic events.

Mental health is just as important as physical health.

Your health plan includes access to mental health care like therapy and other resources that might help.

Your journey is one-of-a-kind.

Seeking help is the first step to getting better.

Find a provider who can help get you where you want to be.

- 1. Go to [bcbstx.com](https://www.bcbstx.com).**
- 2. Then, click **Find Care**.**



More Resources for Your Mental Wellbeing

Digital Mental Health

Help for stress, anxiety, depression, sleep problems or substance use is just a click away. Confidential online programs are available through Learn to Live¹ at no added cost to you. Log in at **bcbstx.com**, then go to **Wellness** to learn more.

Virtual Visits

Skip the waiting room — meet with a mental health professional from the comfort of your own home. A board-certified doctor or therapist can help with a variety of mental health concerns by phone or video. Use your telehealth benefits to schedule an appointment.

Our behavioral health network includes independently licensed behavioral health providers with diverse credentials and specialties. Many of these providers offer behavioral health telehealth as well as in-office visits.

Employee Assistance Program

There may be a time when you need a little extra support through job stress, grief or other life challenges. If your employer offers an Employee Assistance Program, you may have options for you at no added cost. Talk one-on-one with a counselor or use a self-guided, online program.

When you're ready, we're here.

After a tragedy or traumatic event, you may need some extra help. We're here to help. Your personal health details won't be shared with your employer. We can also help you find a provider and understand your mental health benefits.

Don't be afraid to reach out — call the Customer Service or behavioral health number on your member ID card.

1. Learn to Live provides educational behavioral health programs; members considering further medical treatment should consult with a physician.

The Behavioral Health program is available only to those members whose health plans include behavioral health benefits through Blue Cross and Blue Shield of Texas. Check your benefit booklet, ask your group administrator or call the Customer Service number on the back of your member ID card to verify that you have these services. Member communications and information from the program are not meant to replace the advice of health care professionals. Members are encouraged to seek the advice of their doctors or behavioral health specialist to discuss their health care needs. Decisions regarding course and place of treatment remain with the member and his or her health care providers.

Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Texas. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.