



MENTAL HEALTH



Behavioral health and substance abuse services with no referral from your PCP needed.

Look to mywha.org/BH to search WHA's customized Magellan provider directory. Find the care you need close to home or work, or through our telehealth options.

Follow the link to the Magellan website, create an account, and discover the online resource available to WHA members. Use interactive tools such as self assessments and calculators, or browse the on-demand learning topics.

Free Magellan 24-Hour Crisis Line

Members can call 800.327.7451 at no charge to get help in coping with feelings of fear, sadness, anger and hopelessness. Crisis line callers will speak directly to a masters-level, certified licensed mental health clinician.

Take advantage of virtual visits

- Accessibility during social distancing
- Flexible appointment times
- Offered at the cost of an office visit*

*Refer to your plan's copayment summary

Behavioral health benefits from WHA are managed through our partner, Magellan Health

Benefits may include inpatient care, outpatient care, psychiatrist evaluation and office visits, and substance abuse treatment, as defined in your plan. Magellan care managers are skilled mental health and substance abuse experts. Their purpose is to assess your situation and ensure that you or your eligible dependents receive the type of assistance or care required to help relieve your concern or resolve your problem in a timely way.

Depression Prevention Programs

Included in your plan is access to two programs designed to assist those who may be at a high risk for depression:

- **Postpartum Depression:** This program is focused on the mother of a newborn child, providing resources to help them understand why some women experience "the baby blues" and how to deal with the symptoms.
- **Depression Screening After a Medical Admission:** This program focuses on assisting WHA members (18 years or older) who have been identified as at risk for depression because of a medical event or hospital stay.

This is a summary of the highlights of behavioral health coverage included in WHA plans. For complete benefit information, members can refer to the Combined Evidence of Coverage and Disclosure Form (EOC/DF) on mywha.org; also available upon request.

LEARN MORE ABOUT BEHAVIORAL HEALTH | Visit mywha.org/BH or call **888.563.2250** for assistance