



BlueCross BlueShield
of Texas

Get The Right Care for Your Mental Health

We know everyone's mental health journey is one-of-a-kind.

Our new Mental Health Hub can help guide you to the best care for your needs. The Hub is an online tool that provides access to mental health providers, videos, podcasts, articles and more!

It covers 200+ mental health and wellbeing topics such as:

- Anxiety
- Stress
- Resilience
- Depression
- Substance Use
- Relationships
- Parenting
- Self-care
- Eating Disorders

The Hub also features over 15 different wellbeing assessments to help you learn more about your mental health, including our comprehensive Wellness Check-In Assessment. Most of them can be completed in just a few minutes. Based on your results, you will receive a list of recommended resources that match your needs. They may include counseling, self-paced programs and/or medication management.

Wellness Check-in Assessment



This a great starting point! When you first access the Hub, you will be prompted to take it. You can retake this assessment as many times as you like to track your progress, and you can use it for covered dependents, including children, too.

1 in 5

PEOPLE IN THE U.S. STRUGGLE
WITH THEIR MENTAL HEALTH¹



Prioritize Your Mental Wellbeing

With the Mental Health Hub, you have direct access to mental health specialists, if needed, including those who treat:

- Substance use disorders
- Pediatric mental health
- Eating disorders
- Obsessive-compulsive disorders

You can also search for additional, in-network mental health providers (virtual and in-person) or check out self-led programs included with your health plan.

The Mental Health Hub is confidential and available 24/7 at no added cost to you².

Explore it today.

1. Log in to **Blue Access for MembersSM** at **bcbstx.com**
2. Select **Behavioral Health**
3. Choose **Mental Health Hub**



Blue Cross and Blue Shield of Texas is here to help you. If you need assistance, call the number of the back of your member ID card.

Overcoming Stigma Together



Many people struggling with their mental health do not seek help because of stigma. BCBSTX is committed to overcoming stigma together with you.

Here are a few ways to get started:

- Learn more about mental health.
- Take care of your mental wellbeing every day.
- Share information with friends and family.
- Seek professional care if needed.

For medical emergencies, call 911. For mental health emergencies, call or text the 988 Suicide & Crisis Lifeline.

This is not a substitute for the independent medical judgment of a physician or other health care provider. Members are instructed to consult with their health care provider before beginning their journey toward wellness.

1. National Alliance on Mental Illness, Mental Health By The Numbers, April 2023

2. Standard copay and coinsurance rates will apply if you seek treatment from a provider.

NovaWell is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide member health platform and tools, mental health administration network and health information content for members with coverage through BCBSTX.

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