Behavioral health support

Help when you need it



What we offer

A simple, connected path to care:

- Help finding the right therapist or provider
- Support for mental health and substance use concerns
- Connections to community and social needs resources
- Timely appointments for therapy and medication management
- Team members to guide you step by step

Your behavioral health network

Access 10,700+ behavioral health resources, including:

- Psychiatrists and psychologists
- Licensed clinical social workers
- Professional counselors and therapists
- Mental health and substance use treatment facilities

Depending on your plan and care needs, you may also have access to convenient virtual care options, such as Grow Therapy, Rula, Headway and Bend Health.

Geisinger
HEALTH PLAN

Taking the first step can feel hard — but it can also be the start of feeling better.

Not sure what you need or where to begin? You don't have to do this alone. One call to Geisinger Health Plan can help.

Call **888-839-7972**. We'll guide you to the right support for issues including stress, burnout, family problems, depression, mood swings, trauma and loss.

Visit **geisinger.org/bh-member** or scan the QR code for more info and to find a provider.

Geisinger Health Plan may refer collectively to health care coverage sponsors Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity Insurance Company, unless otherwise noted. Geisinger Health Plan is part of Geisinger, an integrated health care delivery and coverage organization.

Geisinger Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call: 800-447-4000 (PA RELAY 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 800-447-4000 (PA RELAY 711) o hable con su proveedor.

注意：如果您说[中文]，我们将免费为您提供语言协助服务。我们还免费提供适当的辅助工具和服务，以无障碍格式提供信息。致电 800-447-4000 (PA RELAY 711)或咨询您的服务提供商。