

Do you know all the resources available to you?



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# How's Your Mental Health Today?

[Get Help Now](#)



Now that the school year has started, we want to check in. Feeling stressed? Anxious? Overwhelmed? Depressed?

Your job is demanding, and the demands don't end when the bell rings. So it's more important than ever to take care of your mental health.

We want to make sure you know about the support and resources you have through your TRS-ActiveCare Primary plan. Whether you want someone to talk to, are looking for help with medication, or are in a mental health crisis, help is available.

Use this easy reference guide to help you understand your mental health benefits and get care when you need it.



## Find a therapist, psychiatrist, or other mental health professional

### ■ Provider Finder®

Go here to find an in-network mental health provider.

- It's easy to access from your phone or computer.

### ■ Teladoc™

Help is a call or click away.

- Make a virtual mental health appointment for non-emergency mental health conditions with a licensed therapist, psychologist or psychiatrist.
- Appointments are \$0 with your TRS-ActiveCare Primary plan.

### ■ Headway

Connect with a mental health provider quickly and easily.

- Get same-day matching with providers who have openings within 48 hours.
- All providers are in network.

### ■ Mental Health Personal Health Guide (PHG)

Get real-time help 24/7.

- Mental Health PHGs are specially trained to help you find a provider or get help in a crisis.
- Call **1-866-355-5999** or chat through the BCBSTX App, 24/7.
- Be sure to request mental health help.



## Online programs

Do you know about the digital mental health programs available to you at no cost?

### ■ Well onTarget®

Take self-guided courses or get one-on-one support from a credentialed health expert. Wellness coaches can help you with:

- stress management
- post-partum care
- fitness and dietary habits that could affect your mental health



### ■ Learn to Live

This no-cost, digital mental health program uses digital cognitive behavioral therapy tools. Get help for:

- stress, anxiety, and worry
- depression
- insomnia
- social anxiety
- substance use



[Get Help Now](#)

[www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare)



Teladoc is an independent company that has contracted with Blue Cross and Blue Shield of Texas to operate and administer the virtual visits program for members with coverage through BCBSTX. Teladoc is solely responsible for its operations and those of its contracted providers.

Headway is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide behavioral health management for members with coverage through BCBSTX.

The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate.

Learn To Live, Inc. is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide online tools and programs for behavioral health support. Learn to Live is an educational program and should not be considered medical treatment. Learn to Live is available for members with coverage through BCBSTX.

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