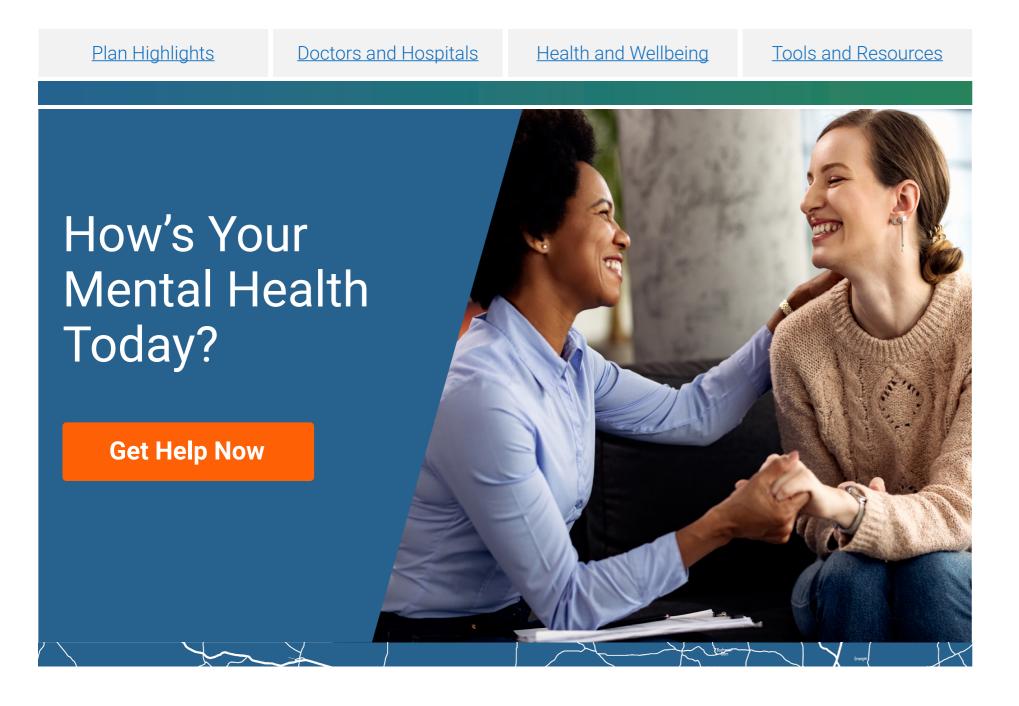
**Desktop View** Mobile View

Do you know all the resources available to you?







## 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-Active-Care 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?

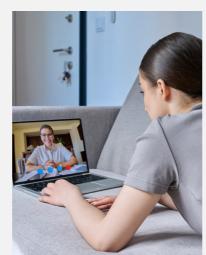
**■** Well onTarget® Take self-guided courses or get one-on-one support from a credentialed health expert. Wellness coaches

- 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** 

