



- [Plan Highlights](#)
- [Doctors and Hospitals](#)
- [Health and Wellbeing](#)
- [Tools and Resources](#)



3 Things to know about mental health

[Get Help](#)

You might be feeling sad, stressed, or scared. You could be overwhelmed but powering through. Or maybe you've shut down and disconnected from the things and people you love.



Depression and anxiety come in many forms. No matter what you're feeling, you can get help quickly and easily with your TRS-ActiveCare health plan.

3
Important Facts About Mental Health

1. Depression and anxiety can hit at any time of year, but often get worse in winter.
2. When your mental health is affected, it can be hard to take steps to get help.
3. Your benefits make getting mental health care easier than ever.

4 Easy Ways to Find a Therapist

- 1 Use Provider Finder® to find an in-network mental health provider.**

 - Access [Provider Finder](#) in the **Doctors and Hospitals** tab of the [TRS-ActiveCare website](#) or through the BCBSTX App.
- 2 Use Headway® to find a therapist or other mental health professional quickly.**

 - All providers are in network and appointments are available within 48 hours.
- 3 Use Teladoc® for virtual mental health appointments from wherever you are.**

 - Appointments are available seven days a week, from 7 a.m. – 9 p.m. for covered participants and dependents age 18 and older.
 - \$0 with TRS-ActiveCare Primary and TRS-ActiveCare Primary+ plans
- 4 Let a Personal Health Guide find a provider for you!**

 - Call **1-866-355-5999** or chat through the BCBSTX App 24/7.

Did You Know

You have anytime, anywhere **\$0 digital mental health tools.**

- **Learn to Live** offers self-paced cognitive behavioral therapy with online support for depression, anxiety, substance use and more.
- **Well onTarget®** has one-on-one coaching for stress management and post-partum care.

[Get Help](#)

