

Holiday hours, where to go for care and your mental health



ACTIVECARE



BlueCross BlueShield
of Texas

Plan Highlights

Doctors and Hospitals

Health and Wellbeing

Tools and Resources

Happy Holidays!

Happy Holidays from your friends at TRS and Blue Cross and Blue Shield of Texas! Winter break is finally here! Here's what you need to know.

BCBSTX is closed:	TRS is closed:
<ul style="list-style-type: none">Wednesday, Dec. 25	<ul style="list-style-type: none">Monday, Dec. 23 – Thursday, Dec. 26
<ul style="list-style-type: none">Wednesday, Jan. 1	<ul style="list-style-type: none">Tuesday, Dec. 31 – Wednesday, Jan. 1

Personal Health Guides are unavailable on these days. However, the 24/7 Nurseline is open 365 days a year. You can call **1-833-968-1770** day or night for help with non-urgent conditions or to find out where to go for care.

Resource Guides

Resource Guides are here! They're full of helpful information about TRS-ActiveCare benefits. You can find details about wellness programs and valuable tips for saving time and money while managing your health. They're available online now. If you're new to TRS-ActiveCare or switched plans, you'll get a printed copy in the mail soon.

Get the Guides



Where to go for care

Decorating disaster. Food poisoning from your in-laws. Burned more than the dinner rolls. No matter what's ailing you, knowing where to go for care is critical. Going to the wrong place could delay your care, cost you more (A LOT more!) or both.

These can help. Print your favorite for your corkboard at school or the fridge at home.



Still need help? Call a PHG at **1-866-355-5999** or chat in the BCBSTX App 24/7.


How's your mental health?


The holidays can be a difficult time. Many people experience an increase in stress, anxiety, depression, or substance misuse. Every TRS-ActiveCare plan covers mental health.

Is it bad enough to get help? How to know when to go.

If you've ever thought "I'm anxious, but not anxious enough for therapy" or "I'm sad, but others have it worse than I do," you're not alone. Many people think this way, especially educators. A recent study found that 67% downplay problems like stress because it's "not bad enough or they don't want to burden anyone." The truth is **you deserve to care for your mental health.**

Learn More






Not Everyone Needs Medication

You have options when it comes to treating mental health issues. Getting help doesn't always mean medication. The best course of action may be different for everyone.


Learn More



Six Signs Your Loved One Needs Help

It's hard to tell if someone's change in behavior is a sign of mental health issues or something else. You can feel helpless deciding when or if they need help. There are some common signs to look out for.

Read More



Don't chalk these feelings up to "normal life."

You have several options for mental health care through your TRS-ActiveCare plan. Check out this short [how-to video](#) to learn more.

