

Mental health help is a click away



Plan Highlights | Doctors and Hospitals | Health and Wellbeing | Tools and Resources

# Got the holiday blues?

[Get Help](#)

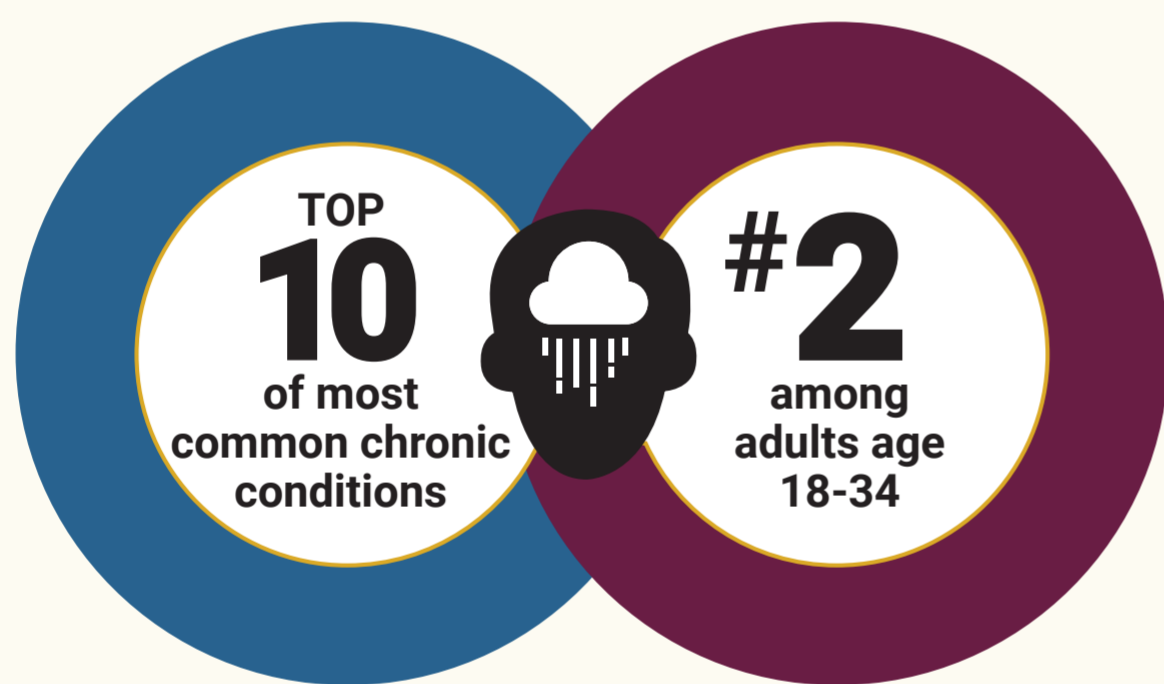
It's too hard to find a therapist. Therapy is too expensive. I don't have time to go.

What's your reason for not getting mental health care? Don't wait another day to get help, especially if the holiday blues are getting you down.

**With your TRS-ActiveCare plan:**

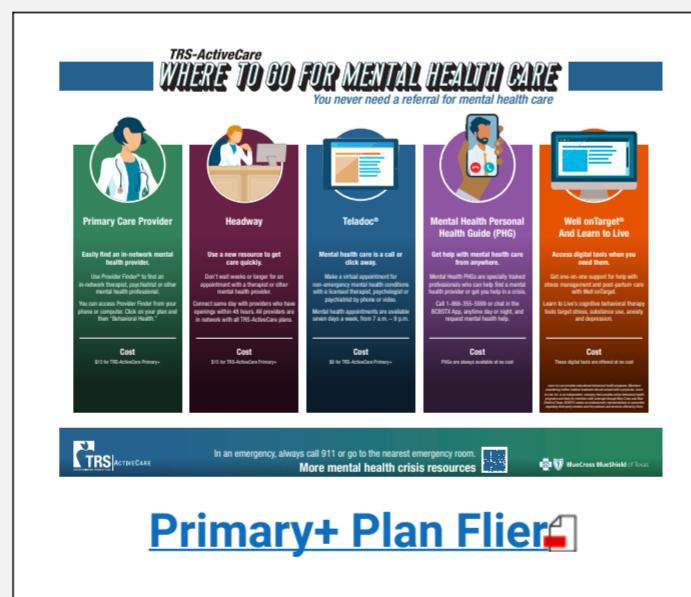
- Finding a therapist is quick and easy.
- Appointments with an in-network therapist, psychologist or other mental health professional are more affordable than you think.
- You can make a virtual mental health appointment for \$0 and see a therapist from wherever you are – even if you're out of state.
- You have access to \$0 digital mental health tools anytime – even on holidays!

According to a Centers for Disease Control and Prevention study, depression is:



**Mental Health Issues on the Rise**

Mental health tends to get worse over the holidays. If you're not getting help for depression, anxiety, or other mental health conditions because you don't know what's available or you think getting care is too hard or expensive, check out this flier. It breaks down the different options for your plan, with pricing information and links. You can print it out and use the QR code at the bottom to get care over the holidays or any time of year.



[Get Help](#)

9:00

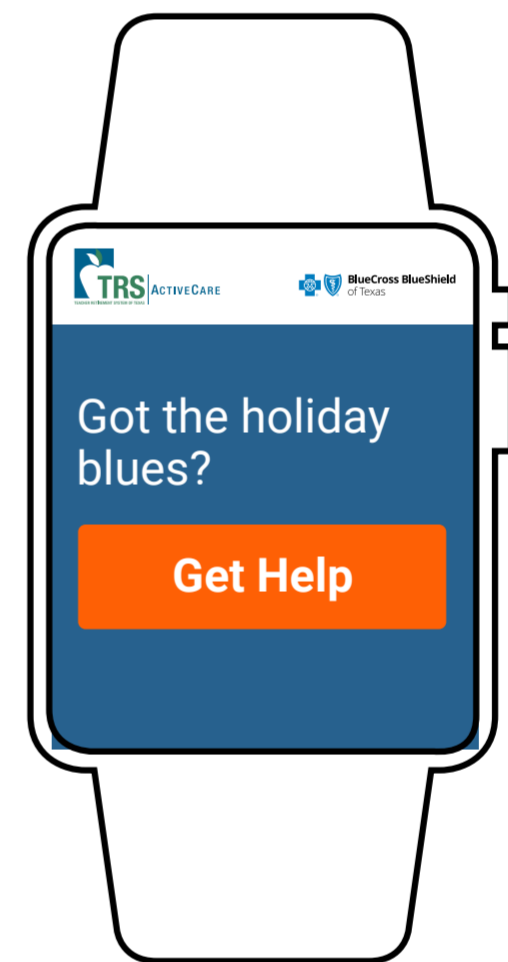
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[www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare)



Centers for Disease Control and Prevention Centers for Disease Control and Prevention

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