



Are you feeling **down, stressed out or overwhelmed?** Is your mind **noisy?** Always feeling like you're **in a rush?**

Don't wait to get help for yourself or a loved one because you think it'll be hard to find a therapist or get in for an appointment. **One call is all it takes to get started.**

#### Call a Mental Health Personal Health Guide

Mental health plan experts are available 24/7. They're specially trained to help you and your dependents:

- ✓ get help in a crisis
- ✓ find a therapist, mental health specialist or facility
- ✓ make an appointment
  - You'll pay 30% coinsurance after you meet your deductible.
- ✓ get details about your mental health benefits including updated deductible and out-of-pocket maximum information



Call [1-866-355-5999](tel:1-866-355-5999) or chat with a mental health PHG in the **BCBSTX App**, 24/7.

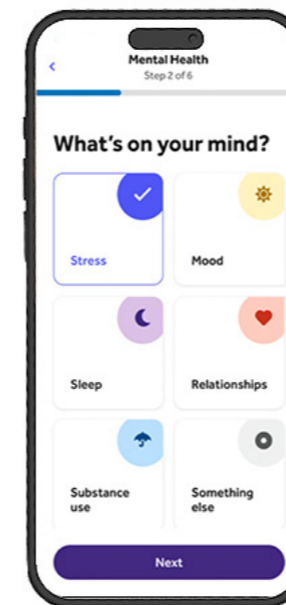
[Call Now](#)

#### TRS Virtual Health

Getting mental health care for your family should be as easy as getting care for any other ailment. With your TRS-ActiveCare plan, it is!

**Teladoc**, the same platform you use for virtual doctor's appointments, also has virtual mental health care. See a therapist or other mental health professional for *stress, low mood, attention-deficit/hyperactivity disorder (ADHD) and more, from wherever you are.*

Appointments are available seven days a week, from 7 a.m. – 9 p.m. for you and your covered dependents 13 and older. You'll pay 30% coinsurance after you meet your deductible.



[Set up your account](#)

#### Other ways to get mental health care:

- Use [Provider Finder](#) to find an in-network provider.
- Use [Headway](#) to find a therapist or other mental health professional and get an appointment within 48 hours.
- Get one-on-one coaching with [Well on Target](#) for stress management and post-partum care.
- Explore [Learn to Live](#) for self-paced cognitive behavioral therapy with online support for depression, anxiety, substance use and more.

Visit the [TRS-ActiveCare website](#) to learn more about common conditions and ways to improve your mental health.

#### Understanding Burnout Wellness Webinar

Wednesday, April 29

8 - 8:45 a.m.

Noon - 12:45 p.m.

This presentation covers:

- understanding and preventing burnout
- symptoms
- causes and risk factors

[Register Today!](#)

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



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Teladoc is an independent company that has contracted with your employer to provide virtual doctor visits. Teladoc does not offer Blue Products or Services.

The Well on Target program is offered to you as a part of your employer-sponsored benefits. Participation in the Well on Target program, including completing a Health Assessment, is voluntary, and you are not required to participate. Visit Well on Target for complete details and terms and conditions.

Learn to Live provides educational behavioral health programs. Members considering further medical treatment should consult with a physician.

Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Texas.

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

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