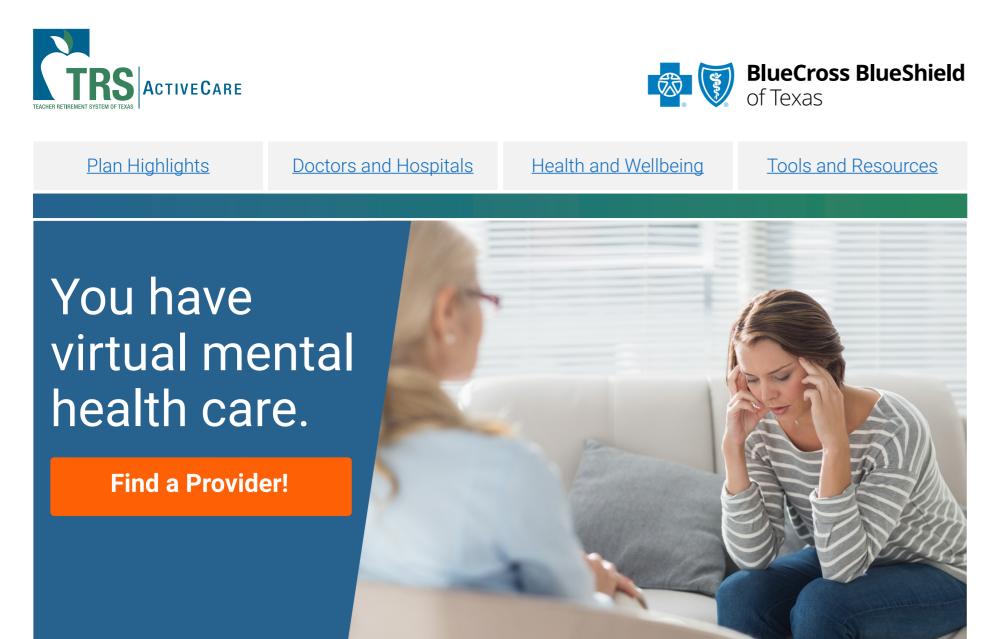
Desktop View Mobile View

See a therapist from wherever you are.



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

Teladoc®, the same provider you use for virtual doctor's appointments, also has virtual mental health care. See a therapist or other mental health professional 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.

Other ways to get mental health care

You can also get care with your TRS-ActiveCare plan by:



- calling 1-866-355-5999 to talk to a Personal Health Guide or chatting in the BCBSTX App 24/7. A mental health PHG can help you find a therapist, make an appointment, and explain your benefits.
- accessing Provider Finder® to find an in-network provider
- using Headway to find a therapist or other mental health professional for appointments within 48 hours
- using one-on-one coaching for stress management and postpartum care offered by Well on Target®
- exploring Learn to Live for self-paced cognitive behavioral therapy with online support for depression, anxiety, substance use and more

Find a Provider!

