



Mental Health Support

Well-being for mind and body

Living your best life means taking care of your body *and* your mind. Emotional well-being is important at every stage in life, from adolescence through adulthood.

When mental health difficulties arise for you or a loved one, remember you're not alone. Help is available and feeling better is possible.

CareFirst BlueCross BlueShield (CareFirst) is here to help. Members have access to specialized services and programs for depression, anxiety, substance use disorders, and more. Our support team is made up of specially trained service representatives, registered nurses, licensed clinicians and care managers ready to:

- Help you find the right mental health provider(s) and schedule appointments
- Connect you with a care coordinator who will work with your doctor to create a tailored action plan
- Find support groups and resources to help you stay on track

To find help, call us at **1-800-245-7013**.

Our Behavioral Health Digital Resource, powered by 7 Cups, is available 24/7 with access to CareFirst care managers, trained listeners, supportive communities and individualized growth paths. Learn more by logging into your MyAccount and clicking on the Behavioral Health Digital Resource tile.

