

Know your behavioral health options



If you or your loved one is facing a behavioral health challenge, we want to make it as easy as possible to get care. You can find in-network providers at [regence.com](https://www.regence.com).

Help is available. No need to go it alone.

Go to [regence.com](https://www.regence.com) to find a doctor and look for these in-network options:

- Private practitioners with a variety of expertise, such as psychiatrists, psychologists, social workers, licensed counselors and more
- 24/7 telehealth for counseling and medications
- Inpatient care
- Outpatient programs

Also available are:

- NOCD for app-based care specializing in treatment of obsessive compulsive disorders: [treatmyocd.com](https://www.treatmyocd.com)
- TalkSpace for app-based care specializing in counseling for general behavioral health needs: [talkspace.com](https://www.talkspace.com)
- Charlie Health telehealth for treating teens and young adults with behavioral health needs: [charliehealth.com](https://www.charliehealth.com)
- If your company offers an EAP program for urgent help, this may be a good place for you to start to get care. Talk to your Human Resources representative for further information.

You can also turn to these in-network providers for substance use disorder support:

- Boulder Care for inpatient and outpatient treatment: [boulder.care](https://www.boulder.care)
- Eleanor Health for outpatient treatment: [eleanorhealth.com](https://www.eleanorhealth.com) (only available in Washington)
- Hazelden Betty Ford for inpatient and outpatient treatment: [hazeldenbettyford.org](https://www.hazeldenbettyford.org)

Commonly treated behavioral health issues:

Behavioral health issues often involve more than one concern that affect overall health and happiness. Experts can help sort through what can be the most effective treatment path for the following:

- Substance use and abuse
- Trauma and post-traumatic stress disorder (PTSD)
- Anxiety
- Depression
- Obsessive compulsive disorder
- Bipolar disorder

Customer Service

You can call our award-winning team at the phone number listed on the back of your ID card

We're here to help you:

- Understand your benefits
- Check claim status or get an explanation of benefits
- Find an in-network provider



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Boulder Care is a separate company that provides substance abuse and addiction treatment services. Charlie Health is a separate company that provides mental health services. Eleanor Health is a separate company that provides mental health and substance use services. Talkspace is a separate company that provides mental health telehealth services. NOCD is a separate company that provides obsessive compulsive disorder treatment services.

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