

Know your behavioral health options



If you or your loved one is facing a behavioral health challenge—from anxiety and depression to eating disorders or substance use—we want to make it easy to get care. You can find in-network providers at **regence.com**. (Some services aren't available on all plans.)

Help is available. No referral is needed.

Thoughts of suicide? Call 988—National Suicide and Crisis Lifeline—available 24/7.

In-person care

Go to 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
- Inpatient care
- Outpatient programs

Virtual care

- **AbleTo Therapy+** for an 8-week series of one-on-one therapy with digital support between sessions for ages 18 and up: [AbleTo.com](https://ableto.com) or 1-866-287-1802
- **Array** specializes in psychiatry and counseling services for ages 5 and up: arraybc.com
- **Charlie Health** for an Intensive Outpatient Program treating teens and young adults with behavioral health needs: charliehealth.com
- **Equip** for treatment of all eating disorders for ages 6 and up: equip.health
- **NOCD** specializing in treatment of obsessive-compulsive disorders for ages 6 and up: treatmyocd.com
- **Talkspace** specializing in counseling for general behavioral health needs for ages 13 and up, and psychiatry/medication management for ages 18 and up: talkspace.com

Substance use disorder

- **Boulder Care** for virtual outpatient treatment: boulder.care or 1-866-901-4860
- **Hazelden Betty Ford** for inpatient and outpatient services. Virtual care is also available: hazeldenbettyford.org or 1-877-859-2124

Provider matching

- **Headway** for finding an in-network therapist and booking their next available virtual or in-person appointment for ages 6 and up: headway.co

Employee Assistance Program (EAP)

Ask your HR team if your plan includes EAP. It quickly puts professional support in your hands without additional cost to you. Get a range of services to support your mental health, emotional well-being and life-balance needs.



Customer Service is here for you

Need more help finding the right care? Our compassionate team is ready to help. Just give us a call at the number on the back of your member ID card.



Regence BlueCross BlueShield of Oregon
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Resource information is current as of December 2023.

Boulder Care is a separate company that provides substance abuse and addiction treatment services. AbleTo and Talkspace are separate companies that provide mental health telehealth services.

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REG-OR-1009926-23/11
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