

Behavioral health care options

Your health plan gives you access to a variety of care options and resources to treat mental health and substance use disorder conditions. Options include in-person treatment, virtual care, free resources and more.

IN-PERSON CARE

Options	Description	What to use it for	How to access
Your primary care provider	A health care professional responsible for coordinating your care, and a good resource for guidance or referral to a behavioral health specialist.	Medical issues and mental health or substance use concerns	If you don't already have a primary care provider, you can find one in your area by logging in to your member account at bcbsm.com , clicking on the <i>Doctors & Hospitals</i> tab and selecting <i>Find a Doctor</i> .
Behavioral health specialist	One-on-one sessions with a psychiatrist, psychologist, social worker or professional counselor.	Mental health and substance use concerns	Find an in-network behavioral health specialist by logging in to your member account at bcbsm.com , clicking the <i>Doctors & Hospitals</i> tab and selecting <i>Find a Doctor</i> . Many providers offer virtual visits as noted in the <i>Virtual Care</i> section below.
Blue Distinction® Specialty Care for Substance Use Treatment and Recovery	A national program recognized for expertise in delivering high-quality care in 11 areas of specialty care, including substance use treatment.	Substance use concerns	To find a Substance Use Treatment and Recovery provider that's been designated as a Blue Distinction Center, visit bcbs.com/blue-distinction-center/facility .*

VIRTUAL CARE

Options	Description	What to use it for	How to access
Behavioral health specialist	Virtual care by phone or video with a psychiatrist, psychologist, professional counselor or social worker.	Mental health and substance use concerns	Find an in-network behavioral health specialist by logging in to your member account at bcbsm.com , clicking the <i>Doctors & Hospitals</i> tab and selecting <i>Find a Doctor</i> .
AbleTo	A virtual behavioral health provider offering a personalized, eight-week cognitive behavioral therapy program for members 18 and older. The program includes digital tools and resources to support members between sessions. Medication management is not included.	Anxiety, depression and stress	To schedule an appointment with an AbleTo therapist, go to ableto.com/bcbsm .*
Blue Cross Online VisitsSM	Virtual visits from a smartphone, tablet or computer which includes: <ul style="list-style-type: none"> Care with a licensed therapist to treat conditions like depression, anxiety, learning difficulties and behavioral problems. Available for members 10 and older. Care with a board-certified psychiatrist to diagnose, treat, and provide therapies for complex and serious mental health conditions. Available for members 18 and older. 	Mental health and substance use concerns	Register at bcbsmonlinevisits.com . Not available for all members; check with your employer to verify benefits.

ONLINE RESOURCES

Options	Description	What to use it for	How to access
Blue Cross Blue Shield of Michigan behavioral health website	A comprehensive resource for mental health and substance use disorder information and support.	Mental health and substance use concerns	Visit bcbsm.com/mentalhealth .
myStrength by Livongo®	This free, self-directed digital resiliency tool provides strategies to deal more effectively with mental health concerns and daily life stressors.	Mental health and substance use concerns	Not available to all members. Check with your employer to verify benefits and to learn how to access the site.
Shatterproof™ Just Five	This online, self-paced, mobile-enabled program focuses on increasing awareness, reducing stigma surrounding substance use disorder and sharing information about addiction prevention and substance use disorder treatment.	Substance use concerns	Visit justfive.org/bcbsm .*
Blue Cross Health & Well-Being SM online resources, powered by WebMD®	Free online tools and resources to help you improve and maintain your health and well-being.	Health and well-being support	Log in to your member account at bcbsm.com or our mobile app and select <i>WebMD</i> under <i>Health & Well-Being</i> . You'll need to register if it's your first time.
Blue Cross Virtual Well-Being SM	This free program offers weekly well-being webinars and meditation sessions to support your overall well-being.	Overall well-being support	Visit bluecrossvirtualwellbeing.com and click <i>Webinars for Members</i> .
MI Blues Perspectives and A Healthier Michigan	Blogs that offer a wealth of information about dealing with stress and anxiety, substance use and other behavioral health conditions.	Mental health and substance use concerns	Visit mibluesperspectives.com and ahealthiermichigan.org .

ANOTHER GOOD RESOURCE

Options	Description	What to use it for	How to access
Employee Assistance Program, or EAP	Confidential, no-cost, employer-sponsored programs that provide resources for dealing with stress, grief and relationship problems.	Mental health and substance use concerns	Contact your employer to discuss available options.

*Blue Cross Blue Shield of Michigan and Blue Care Network don't own or control this website.



In a crisis situation ...

- Call the number on the back of your member ID card for help in a mental health or substance use crisis.
- If there is an immediate crisis, call the Suicide and Crisis Lifeline at 988 or 1-800-273-8255.

AbleTo is an independent company contracted by Blue Cross Blue Shield of Michigan to provide behavioral health services for BCBSM and BCN members.

Livongo Health Inc. is an independent company contracted by Blue Cross Blue Shield of Michigan to provide behavioral health services to BCBSM and BCN members.

Shatterproof is an independent company that supports Blue Cross Blue Shield of Michigan by providing substance use disorder education and support to BCBSM and BCN members through the Just Five program.

WebMD Health Services is an independent company supporting Blue Cross Blue Shield of Michigan by providing health and well-being resources to its members.



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