

Find the support you need

If you or a loved one needs support for coping with life, reducing stress, or living with a mental health condition, know that you're not alone. If you need help, please reach out. Starting can be the hardest part. This guide can help you understand the benefits available to you through your health plan and how to connect with behavioral health professionals.

Choosing the right care options for your needs

	Description	When to use	Visits and costs	How to connect
Behavioral Health Resource Center	Access support 24/7 to help you find treatment programs and arrange confidential counseling and support services.	For help with: <ul style="list-style-type: none"> • Depression • Anxiety • Eating disorders • Substance use 	No extra cost	Call 844-792-5141.
LiveHealth® Online	Get confidential counseling 24/7 through scheduled visits over text message, phone, or video.	When you need help managing: <ul style="list-style-type: none"> • Anxiety • Stress • Depression • Grief • Panic attacks • Coping with illness • Relationships and family issues 	Subject to member cost share	Use the SydneySM Health app or visit anthem.com .
Talkspace for Behavioral Health*	Be matched with a therapist based on your individual needs. Access to confidential messaging 24/7 with a therapist through text, audio, or video and schedule virtual visits in real time.	When you need help managing: <ul style="list-style-type: none"> • Anxiety • Depression • Grief • Relationships • Stress • Trauma • Drug and alcohol use 	Subject to member cost share	Visit talkspace.com to get started.
RIA Health	Find help through this alcohol treatment program that empowers you to improve your relationship with alcohol from the privacy and comfort of home.	For help with: <ul style="list-style-type: none"> • Alcohol use 	Subject to member cost share	Call 866-619-8713 or visit riahealth.com .
Emotional Well-being Resources through Learn to Live	Discover digital tools and receive support to help work through thoughts and behaviors affecting your emotional well-being. Appropriate for ages 13+, in English and Spanish.	Learn ways to manage: <ul style="list-style-type: none"> • Stress • Depression • Anxiety • Substance use • Sleep issues 	No extra cost	Use the Sydney Health app or register at anthem.com . Go to My Health Dashboard , choose Programs , and then select Emotional Well-being Resources .
Autism program	Find confidential care and support for your family if you have a child on the autism spectrum, including applied behavior analysis (ABA) therapy.	For help with: <ul style="list-style-type: none"> • Understanding care options • Coordinating medical and community resources 	No extra cost	Call 844-269-0538.
Blue Distinction Centers of Excellence	Receive quality care, treatment, and recovery for substance use disorder at a Blue Distinction Center or care that better fits your budget at a Blue Distinction Center+ facility.	For help with: <ul style="list-style-type: none"> • Alcohol use • Substance use 	Subject to member cost share	Call 844-792-5141.



If you have questions about which care options are best for you, call **844-792-5141** to speak with a behavioral health specialist. You can also text, chat, or call the 988 Suicide & Crisis Lifeline at **988** to talk with a crisis counselor. They can offer support and connect you with local resources.

Download the Sydney Health app

Scan the QR code with your phone's camera to download the **Sydney Health** app.



* Behavioral health services through Talkspace are available to those with an Anthem health plan.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (Suicide and Crisis Lifeline) and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. Talkspace does not offer emergency services.

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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