

HELPING YOU FIND THE RIGHT CARE

For mental health and substance use disorders

WHY TREATMENT MATTERS

Your mental well-being is just as important as your physical well-being. Mental health and substance use disorders are medical conditions that are often chronic—but there are treatments for these disorders just as there are for diabetes or heart disease.

HELP IS AVAILABLE

Blue Cross & Blue Shield of Rhode Island (BCBSRI) and our network of providers can help you feel better so you can live your best life. Help is available for mental health and substance use concerns such as:

- Mood disorders
- Anxiety disorders
- Attention deficit disorder
- Bipolar disorder
- Depression
- Eating disorders
- Stress or anger management
- Schizophrenia and other psychotic disorders
- Substance use/addiction
- Coping with grief and loss

HOW TO GET THE HELP YOU NEED

In an emergency situation, always call 911.

For non-emergency care, you can seek in-person services or work with someone through an online platform if that's appropriate.

BCBSRI Behavioral Health Line

To find a provider or receive ongoing support, call the 24-hour **BCBSRI Behavioral Health Line** at **1-800-274-2958**.

You'll be able to speak with a mental health and substance use disorder professional who will help you find the care you need, provide education and support, and coordinate your care with different healthcare professionals. This service is offered in collaboration with Beacon Health Options*, at no extra cost through your health plan.

To learn more, please visit bcbsri.com/individual/member/mentalhealth or bcbsri.com/individual/member/opioid



*Beacon Health Options, Inc. is an independent company contracted by Blue Cross & Blue Shield of Rhode Island to provide behavioral health management services.