



**MENTAL HEALTH**

# Help Protecting Your Mental Well-Being





## We're here to help

Let us help you find the support that's right for you. Depending on your needs and your specific health plan benefits, we can offer:

- › Self-guided online resources you can follow at your own pace
- › A BlueCross care team you can talk to over the phone or through the free CareTN app
- › Psychiatrists, psychologists or counselors in your network for in-person support
- › Teladoc Health®, which lets you talk to mental health specialists by phone or video chat

If you're facing a mental health challenge – from daily stress, loneliness and anxiety to substance misuse or depression – you're not alone. More than 59 million Americans have a mental health condition, but fewer than half of them are getting treatment for it.\*

\* Source: <https://www.nimh.nih.gov/health/statistics/mental-illness>

## Taking the Next Step

It's never too early or late to ask for help. We can help you find support for long-term negative thoughts and feelings, as well as brand-new emotional struggles.



Give us a call at **1-800-818-8581**.

Or log in at [bcbst.com/mentalwellness](https://www.bcbst.com/mentalwellness) to:

- › Download the CareTN app for free and get the access code you'll need to set up your account.
- › Look for providers in your network.
- › Chat with us for help on any of the above.



1 Cameron Hill Circle | Chattanooga, TN 37402 | bcbst.com

BlueCross BlueShield of Tennessee (BlueCross) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex<sup>1</sup>. For TDD/TTY help call 1-800-848-0298.

BlueCross BlueShield of Tennessee, Inc., an Independent Licensee of the BlueCross BlueShield Association

BlueCross BlueShield of Tennessee is a Qualified Health Plan Issuer in the Health Insurance Marketplace.

<sup>1</sup> Consistent with the scope of sex discrimination described at 45 CFR 92.101(a)(2))

**ATTENTION:** If you speak English, free language assistance services and appropriate auxiliary aids and services are available to you. Please call the Member Service number on the back of your Member ID card or 1-800-565-9140 (TTY: 1-800-848-0298).

**ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma, así como ayudas y servicios auxiliares adecuados. Llame al número de Servicio de atención a miembros que figura en el reverso de su tarjeta de identificación de miembro o al 1-800-565-9140 (TTY: 1-800-848-0298).

اتباه: إذا كنت تتحدث العربية، فستوفر لك خدمات المساعدة اللغوية المجانية والخدمات والأدوات المساعدة المناسبة. يرجى الاتصال برقم خدمة الأعضاء الموجود على ظهر بطاقة هوية العضو الخاص بك أو بالرقم 1-800-565-9140 (الهاتف النصي: 1-800-848-0298)

**注意:** 如果您說中文，我們提供免費的語言協助服務，以及適當的輔助協助和服務。請撥打會員 ID 卡背面的會員服務部號碼或 1-800-565-9140 (聽障專線 (TTY): 1-800-848-0298)。