

# 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](https://www.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](https://www.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://www.ableto.com) or 1-866-287-1802
- **Charlie Health** for an Intensive Outpatient Program treating ages 11 to 34 with behavioral health needs: [charliehealth.com](https://www.charliehealth.com)
- **Equip** offers holistic support for eating disorders through virtual family-based treatment (FBT). A five-person care team includes a therapist, family member, peer mentor, medical provider and dietitian. For members of all ages, as well as their families: [equip.health](https://www.equip.health)
- **NOCD** provides online therapy for people with OCD and related disorders through live video sessions with a licensed, specialized therapist. For ages 5 years and up: [nocd.com](https://www.nocd.com)
- **Talkspace** offers convenient access to therapy for individuals and teens ages 13 and up, as well as psychiatry and medication management for those 18 and older. Licensed providers can address a range of mental health needs, from everyday stress to diagnosed conditions: [talkspace.com](https://www.talkspace.com)

### Substance use disorder

- **Boulder Care** for virtual outpatient treatment: [boulder.care](https://www.boulder.care) or 1-866-901-4860
- **Eleanor Health** for in-person and virtual treatment: [eleanorhealth.com](https://www.eleanorhealth.com) or 1-866-402-7631
- **Hazelden Betty Ford** for inpatient and outpatient services. Virtual care is also available: [hazeldenbettyford.org](https://www.hazeldenbettyford.org) or 1-877-859-2124

### Provider matching

- **Headway** offers thousands of in-network therapists across diverse races, genders, ethnicities and specialties. Members can schedule care within 48 hours via one-click, online booking or get care through a referral: [headway.co](https://www.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 BlueShield serves select counties in the state of Washington and is an Independent Licensee of the Blue Cross and Blue Shield Association

Resource information is current as of November 2024.

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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