



Mental Health Support

Connect with the EAP!

Don't be afraid to reach out for help. Your personal records are kept private from your employer, as required by law.

- Call: **844-213-8968**
- Online: **GuidanceResources.com**
- App: **GuidanceNow**
- Web ID: **TXEAP**

Sometimes a little extra help can go a long way. Your benefits include behavioral health support provided by BCBSTX, with some resources that can be accessed right at home. From everyday challenges to more serious issues, support is on your side.

To view information on your mental health benefits coverage, search for a provider or access online resources, log into Blue Access for Members at **bcbstx.com**, and click on *Healthy Living* and *Digital Mental Health*.

LEARN TO LIVE

Learn to Live is a behavioral health digital platform which offers condition-specific programs, each delivered in a user-paced multimedia experience. Services are also available on demand with the options for one-to-one clinician coaching services. Go to **learntolive.com/welcome/bcbstx** and enter access code **BETTERME** to get started.

VIRTUAL VISITS—POWERED BY MDLIVE®

Get care when and where you need it through MDLIVE—available 24 hours a day, seven days a week, 365 days a year. Behavioral health services are included. Visit **mdlive.com/bcbstx** for more information and to activate your account

If you are in crisis, call the national suicide prevention lifeline at **1-800-273-TALK (8255)** or call **911** if you feel you are in immediate danger.

