

Behavioral health

Anthem Blue Cross and Blue Shield Healthcare Solutions can help you with your condition. Services include:

- One-on-one help with depression, schizophrenia, bipolar disorder or substance use disorder
- Treatment from a licensed mental health caregiver
- Help finding a provider
- Information about resources in your area
- Phone calls to you and your doctors to track your progress

More behavioral health resources

- [National Institute of Mental Health](#)
- [SAMHSA's National Health Information Center](#)
- [Mental Health America](#)
- [National Alliance on Mental Illness](#)

Do you need help with your health care, talking with us or reading what we send you? We provide our materials in other languages and formats at no cost to you. Call us toll free at 1-844-396-2329 (TTY 711).

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Proporcionamos nuestros materiales en otros idiomas y formatos sin costo alguno para usted. Llámenos a la línea gratuita al 1-844-396-2329 (TTY 711).

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