



# Your mental well-being matters

At Providence, we value whole self-care for all members. That's why we've enhanced our focus on mental well-being programs and services. We offer resources across the behavioral health continuum, so you and your family can get the care you need.

## Mental Health Education Tools

Learn about the signs, symptoms and treatments for mental health conditions.

## Resources to Relax & Recharge

Save on massage therapy, yoga, meditation and more through LifeBalance and ChooseHealthy.

## Stress Management Health Coaching

Get one-on-one support to reduce stress or just feel better every day.

## Learn to Live

Enroll in a self-guided digital cognitive behavioral therapy program to overcome stress, anxiety, depression, or insomnia.

## Behavioral Health Concierge

Access virtual and confidential same-day or next-day appointments at no cost.

## Broad Behavioral Health Network

Find a provider you trust and make an in-person or virtual appointment, no referral required.

## Behavioral Health Care Management

Our multi-disciplinary team helps you manage your condition and navigate behavioral health resources.

## 24/7 Crisis Line

Get behavioral health and substance abuse service support right away from our crisis-trained staff.

For information on these resources, visit

[ProvidenceHealthPlan.com/members](https://www.providencehealthplan.com/members)