

# Telebehavioral Health: Access a mental health or substance use disorder provider wherever you are

Are you feeling stressed about finding time to speak with a licensed therapist?

Are you worried about:



Finding child care



Taking time off from work



Transportation

Telebehavioral Health can help.

## With Telebehavioral Health:

- You don't have to wait weeks for an appointment.
- Evening and weekend appointments are available.
- Some clinicians can prescribe medications when needed.
- Live video sessions are securely encrypted and confidential.

As a Blue Shield of California member, you can use this easy, convenient, and secure way to speak with your clinician by using a browser on your smartphone, tablet, or computer\* – all within the privacy of your own home.

## Telebehavioral Health providers can help with:

- Stress
- Anxiety
- Depression
- Grief
- Panic attacks
- Stress from coping with an illness

When providers work together, you receive better coordinated care – and enjoy better health. If you're comfortable doing so, have your therapist talk to your primary care provider about your treatment.

## To get started, follow these steps:

1. Log in or register at [blueshieldca.com](https://blueshieldca.com).
2. Choose *Find a Doctor* > *Mental Health* > *Visit the MHSA Network*.
3. On the provider search page, enter your benefit plan and location details.
4. On the next page, click on *More Filters*, under "Specialties" choose *Telebehavioral Health*, and then click *Search*.
5. Look for the Telebehavioral Health icon  on the provider profile.

Your standard office visit copay applies to Telebehavioral Health appointments.

**Please note:** Telebehavioral Health is not appropriate for all conditions. If you're in crisis or have suicidal thoughts, seek help immediately. Please call 911 or go to your nearest emergency room, or call the National Suicide Prevention Lifeline at (800) 273-8255.

\* Webcam and high-speed Internet required.