

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
- **Array** specializes in psychiatry and counseling services for ages 5 and up: [arraybc.com](https://www.arraybc.com)
- **Charlie Health** for an Intensive Outpatient Program treating ages 11 to 34 with behavioral health needs: [charliehealth.com](https://www.charliehealth.com)
- **Equip** for treatment of eating disorders for all ages: [equip.health](https://www.equip.health)
- **NOCD** specializes in treatment of obsessive-compulsive disorders for ages 6 and up: [treatmyocd.com](https://www.treatmyocd.com)
- **Talkspace** specializes in counseling for general behavioral health needs for ages 13 and up, and psychiatry/medication management for ages 18 and up: [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** for finding an in-network therapist and booking their next available virtual or in-person appointment for ages 6 and up: [headway.co](https://www.headway.co)
- **Quartet** for getting a referral to an in-network behavioral health provider that meets your needs: [Quartethealth.com](https://www.Quartethealth.com)

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.



Resource information is current as of June 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.

Regence BlueShield serves select counties in the state of Washington and is an Independent Licensee of the Blue Cross and Blue Shield Association

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