Mental health support

Why is mental health so important?

According to the Centers for Disease Control and Prevention (CDC), mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Most people with mental health struggles can feel better. Treatment and recovery happen over time. The first step is to be aware.

Mental health is an important part of your overall health. When you are feeling good, you can enjoy life and the people in it. It is important to be aware of your mental health. Without awareness, you are unable to pinpoint the reason you have difficulty handling day-to-day life.

How do you know if you need help?

- Have you ever felt like you cannot manage day-to-day life?

- Are you overwhelmed by a sense of helplessness or hopelessness?

- Do you feel alone, feel like you're letting others down, and no longer want to be around others?

- Do you have difficulty sleeping, trouble focusing on tasks, and increased worrying?

- Are you unsure where to turn?

You are not alone. Mental health services and supports are available to all members of Anthem Blue Cross and Blue Shield HP.

We can help

You can use our Find Care tool at **anthembluecross.com/find-care** to find an in-network mental health provider.

You can also contact Member Services at **800-300-8181 (TTY 711)** Monday through Friday, 8 a.m. to 8 p.m. and on Saturday from 9 a.m. to 5 p.m. Eastern time. We can help you find a mental health provider in your community or connect you with case management services.

anthembluecross.com/nyplans