

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 teens and young adults with behavioral health needs: [charliehealth.com](https://www.charliehealth.com)
- **Equip** for treatment of all eating disorders for ages 6 and up: [equip.health](https://www.equip.health)
- **NOCD** specializing in treatment of obsessive-compulsive disorders for ages 6 and up: [treatmyocd.com](https://www.treatmyocd.com)
- **Talkspace** specializing 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

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)

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.



Regence BlueShield of Idaho
is an Independent Licensee of the Blue Cross and Blue Shield Association



Resource information is current as of December 2023.

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 of Idaho
1602 21st Avenue | Lewiston, ID 83501

REG-ID-1009926-24/02-SOI
© 2024 Regence BlueShield of Idaho

Regence complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-344-6347 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-344-6347 (TTY: 711).