

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
- **Charlie Health** for an Intensive Outpatient Program treating ages 11 to 34 with behavioral health needs: [charliehealth.com](https://www.charliehealth.com)
- **Equip** offers holistic support for eating disorders through virtual family-based treatment (FBT). A five-person care team includes a therapist, family member, peer mentor, medical provider and dietitian. For members of all ages, as well as their families: [equip.health](https://www.equip.health)
- **NOCD** provides online therapy for people with OCD and related disorders through live video sessions with a licensed, specialized therapist. For ages 5 years and up: [nocd.com](https://www.nocd.com)
- **Talkspace** offers convenient access to therapy for individuals and teens ages 13 and up, as well as psychiatry and medication management for those 18 and older. Licensed providers can address a range of mental health needs, from everyday stress to diagnosed conditions: [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** offers thousands of in-network therapists across diverse races, genders, ethnicities and specialties. Members can schedule care within 48 hours via one-click, online booking or get care through a referral: [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.



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Resource information is current as of November 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.

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