



## Behavioral (Mental) Health and Substance Abuse Benefits

The 32BJ Health Fund offers easier and greater access to behavioral (mental) health and substance abuse resources—either in person or online—than ever before.

### How To Find Care



Call **Anthem Behavioral Health** at **855-531-6011** or go to the [32BJ member portal](#) for help finding a licensed therapist or a psychiatrist at a 5 Star Center or anywhere else in network—and pay your regular copays for an in-person or online appointment.

If you have questions about your behavioral health benefits, call **Health Services** at **866-230-3225, Monday—Friday, 8:30 am—5 pm (Eastern Time)**.

### Online Behavioral Healthcare Resources

You may also be able to see an in-network therapist or psychiatrist using the following online services. Some resources are not available in every state.

#### Talkiatry

The psychiatrists at Talkiatry treat mild-to-moderate mental health conditions by prescribing and managing medication. To make your first appointment, go to [www.talkiatry.com](http://www.talkiatry.com) and click on “Get Started.”

#### Headway

To find a therapist or a psychiatrist by gender, specialty, and location, go to [www.headway.co](http://www.headway.co) and follow the steps to make an appointment. Headway’s therapists and psychiatrists offer appointments both in person and online. (Note: If you are looking for care outside of New York and are prompted about the Blue Card, click “yes”—it just means you can access the network.)

#### LiveHealth Online

To get 24/7 access to psychiatrists and therapists, go to [www.startlivehealthonline.com](http://www.startlivehealthonline.com), follow the steps to sign up, and select “Psychology” (to see a therapist) or “Psychiatry” (to see a psychiatrist).

#### NOCD

The therapists at NOCD specialize in helping people diagnosed with obsessive-compulsive disorder (OCD). To make an appointment, go to [www.treatmyocd.com](http://www.treatmyocd.com) and follow the steps.

#### Vita Health

This program is specifically for people who are actively thinking about suicide or who have attempted suicide. To make an appointment, call Vita Health at **844-866-8336 (Monday—Friday, 8 am—8 pm [Eastern Time])** or go to [www.vitahealth.care](http://www.vitahealth.care) and follow the steps.

#### Mindful Care

If you or a family member needs to get an appointment quickly, go to <https://mindful.care/mental-health-urgent-care>. Mindful Care’s team of experienced medical professionals offers urgent mental healthcare appointments—either in person or online.

#### Help in an emergency

If you or someone in your family is in crisis, and you need immediate mental health or substance abuse assistance:

- Call **988** for the new, nationwide **Suicide & Crisis Lifeline**
- Call **911** for **emergency responders**
- Or, go to the **nearest emergency room**

#### Behavioral healthcare professionals

##### Therapist

A therapist is a licensed behavioral health professional (such as a psychologist, a social worker, a marriage counselor, a chemical dependency counselor, etc.) who provides counseling (“therapy”) to help relieve emotional distress and mental health problems faced by individuals, couples, and families.

##### Psychiatrist

A psychiatrist is a medical doctor who specializes in behavioral or mental health conditions, such as depression, anxiety, eating disorders, substance abuse, and more.