

Know your behavioral health options



If you or your loved one is facing a behavioral health challenge, we want to make it as easy as possible to get care. You can find in-network providers at [regence.com](https://www.regence.com). (Some services aren't available on narrow network plans.)

Help is available. No referral is needed.

Thoughts of suicide? Call 988—National Suicide and Crisis Lifeline—available 24/7.

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

Also available are:

- AbleTo Therapy+ for a unique, 8-week series of one-on-one therapy sessions by phone or video, with digital tools for support between sessions: [AbleTo.com](https://www.ableto.com) or 1-866-287-1802
- Charlie Health telehealth for treating teens and young adults with behavioral health needs: [charliehealth.com](https://www.charliehealth.com)
- Equip telehealth for treatment of all eating disorders as well as co-existing conditions like anxiety and depression for ages 6 to 24: [equip.health](https://www.equip.health)
- NOCD for app-based care specializing in treatment of obsessive-compulsive disorders: [treatmyocd.com](https://www.treatmyocd.com)
- Talkspace for app-based care specializing in counseling for general behavioral health needs: [talkspace.com](https://www.talkspace.com)

If your company offers an EAP program for urgent help, this may be a good place for you to start to get care. Talk to your Human Resources representative for further information.

You can also turn to these in-network providers for substance use disorder support:

- Boulder Care for inpatient and outpatient treatment: [boulder.care](https://www.boulder.care) or 1-866-901-4860
- Eleanor Health for outpatient treatment: [eleanorhealth.com](https://www.eleanorhealth.com) or 1-781-487-1070 (only available in Washington)
- Hazelden Betty Ford for inpatient and outpatient treatment: [hazeldenbettyford.org](https://www.hazeldenbettyford.org) or 1-877-859-2124

Only available in Washington:

- Quartet is a platform that can make it simpler to find the correct provider for your needs: [Quartethealth.com](https://www.quartethealth.com)
- Headway connects you to in-person and virtual providers within your network: [headway.co](https://www.headway.co)

Commonly treated behavioral health issues:

Behavioral health issues often involve more than one concern that affect overall health and happiness. Experts can help sort through what can be the most effective treatment path for the following:

- Substance use and abuse
- Trauma and post-traumatic stress disorder (PTSD)
- Anxiety and depression
- Eating disorders
- Obsessive compulsive disorder (OCD)

Customer Service

You can call our award-winning team, Monday through Saturday, at the phone number listed on the back of your member ID card.

We're here to help you:

- Understand your benefits
- Check claim status or get an explanation of benefits
- Find an in-network provider



Regence BlueCross BlueShield of Oregon
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Resource information is current as of April 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.

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