



BlueCross BlueShield
of Texas

Get the Right Care for Your Mental Health



We know everyone's mental health journey is one-of-a-kind.

Our Mental Health Hub can help guide you to the best care for your needs. The Hub is an online tool that provides access to mental health providers, videos, podcasts, articles and more!

It covers 200+ mental health and wellbeing topics such as:

- Anxiety
- Stress
- Resilience
- Depression
- Substance Use
- Relationships
- Parenting
- Self-care
- Eating Disorders

The Hub also features over 15 different wellbeing assessments to help you learn more about your mental health, including our comprehensive Wellness Check-in Assessment. Most of them can be completed in just a few minutes. Based on your results, you will receive a list of recommended resources that match your needs. They may include counseling, self-paced programs and/or medication management.

Wellness Check-in Assessment



This a great starting point! When you first access the Hub, you will be prompted to take the assessment. You can retake it as many times as you like to track your progress, and you can use it for covered dependents, including children.

1 in 5

**PEOPLE IN THE U.S. STRUGGLE
WITH THEIR MENTAL HEALTH¹**



Prioritize Your Mental Wellbeing

With the Mental Health Hub, you have direct access to specialized care, including the following mental health providers launching throughout 2025:

- Eating disorders – Equip
- Pediatric mental health – Manatee, Charlie Health, Fort Health and InStride Health
- Obsessive-compulsive disorders – NOCD
- Substance use disorders – Workit Health and Eleanor Health
- Trauma-informed care for first responders, frontline health care workers, veterans and LGBTQ+ members – Forge Health

You can also search for additional, in-network mental health providers (virtual and in-person) or check out self-led programs included with your health plan.

The Mental Health Hub is confidential and available 24/7 at no added cost to you.²

Explore it today.

1. Log in to **Blue Access for MembersSM** at **bcbstx.com**
2. Select **Behavioral Health**
3. Choose **Mental Health Hub**



Blue Cross and Blue Shield of Texas is here to help you.
If you need assistance, call the number on your member ID card.

Overcoming Stigma Together



Many people do not seek help because of mental health stigma. Here are a few ways to overcome it.

- Learn more about mental health.
- Care for your mental wellbeing daily.
- Share info with loved ones.
- Seek professional care, if needed.

For medical emergencies, call 911. For mental health emergencies, call or text the 988 Suicide & Crisis Lifeline.

This is not a substitute for the independent medical judgment of a physician or other health care provider. Members are instructed to consult with their health care provider before beginning their journey toward wellness.

1. National Alliance on Mental Illness, Mental Health By The Numbers, April 2023

2. Standard copay and coinsurance rates will apply if you seek treatment from a provider.

The Mental Health Hub is administered by NovaWell. NovaWell is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide member health platform and tools, mental health administration network and health information content for members with coverage through BCBSTX.

Equip and Charlie Health are independent companies that have contracted with Blue Cross and Blue Shield of Texas to provide member health platform and tools, care and disease management, mental health administration/network, health information content, provider networks and telehealth for members with coverage through BCBSTX.

Manatee, NOCD, Workit Health, Forge Health, Fort Health and InStride are mental health providers contracted with NovaWell. NovaWell is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide member health platform and tools, mental health administration network and health information content for members with coverage through BCBSTX.

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