If you struggle with thoughts or feelings that make it harder to get through your day, you’re not alone. About half of people in the U.S. will experience a mental health concern at some point in their lives.¹

Care from a mental health expert can help you manage your emotions and deal with challenges.

**Mental health is just as important as physical health.**

Your health plan includes access to mental health care like therapy and medicines that might help. You and your family members can get support for issues such as:

- Depression
- Anxiety and panic attacks
- Substance use
- Attention deficit (ADHD/ADD)
- Autism
- Bipolar
- Eating disorders

**Your journey is one-of-a-kind.**

Whether you need support to get through everyday life or a major crisis, seeking help is the first step to getting better.

Find a provider who can help get you where you want to be.

2. Then, click **Find Care**.
More Resources for Your Mental Wellbeing

Digital Mental Health
Help for stress, anxiety, depression, sleep problems or substance use is just a click away. Confidential online programs are available through Learn to Live\textsuperscript{2} at no added cost to you. Log in at \texttt{bcbtx.com/ut}, then go to Wellness to learn more.

Virtual Visits
Call your provider’s office first to find out if they offer telehealth consultations by phone or video. You can also meet with an MDLIVE\textsuperscript{®} mental health professional from the comfort of your own home. A board-certified doctor or therapist can help with a variety of mental health concerns. Visit \texttt{MDLIVE.com/bcbstx} to schedule an appointment.

Employee Assistance Program
The confidential Employee Assistance Program (EAP) is offered at no cost to you. The program can help you and your dependents successfully meet life’s challenges. The EAP is designed to help you find professional assistance and support when you need it, at no charge, whether you’re dealing with emotional, financial, or other types of issues. For more information, go to: \texttt{utbenefits.link/EAP}

When you’re ready, we’re here.
Taking the first step isn’t easy. But you don’t have to take it alone. If you’re facing a mental health issue, we have experts who can help you learn about your condition and treatment options. Your personal health details won’t be shared with your employer. We can also help you find a provider and understand your mental health benefits.

Don’t be afraid to reach out — call a health advocate at 866-882-2034.

| 1. cdc.gov/mentalhealth/learn/index.htm |
| 2. Learn to Live provides educational behavioral health programs; members considering further medical treatment should consult with a physician. |
| Learn to Live (L2L) offers customized, user-paced, online programs based on the proven principles of Cognitive Behavioral Therapy (CBT). The programs are confidential, accessible anywhere and based on years of research showing online CBT programs to be as effective as face-to-face therapy. L2L coaches are not providing services as licensed therapists, social workers or doctors and do not offer services requiring professional licensure such as psychotherapy. Coaches do not provide crisis support or emergency behavioral health services. |
| If you are a UT SELECT or UT CONNECT member, your plan includes behavioral health benefits. To find a list of providers, go to \texttt{bcbtx.com} and log in to Blue Access for Members\textsuperscript{SM}. |
| You and your dependents may also contact your Employee Assistance Program for help finding professional assistance. For more information, go to \texttt{utbenefits.link/EAP}. |
| If you are in a life-threatening emergency, please call 911. If you are in crisis, please call the National Suicide Prevention Lifeline at 800-273-8255. |
| The Behavioral Health program is available only to those members whose health plans include behavioral health benefits through Blue Cross and Blue Shield of Texas. Check your benefit booklet, ask your group administrator or call the Customer Service number on the back of your member ID card to verify that you have these services. Member communications and information from the program are not meant to replace the advice of health care professionals. Members are encouraged to seek the advice of their doctors or behavioral health specialist to discuss their health care needs. Decisions regarding course and place of treatment remain with the member and his or her health care providers. |
| Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Texas. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them. |
| Virtual Visits may not be available on all plans. Non-emergency medical service in Montana and New Mexico is limited to interactive online video. Non-emergency medical service in Arkansas and Idaho is limited to interactive online video for initial consultation. MDLIVE is a separate company that operates and administers Virtual Visits for Blue Cross and Blue Shield of Texas. MDLIVE is solely responsible for its operations and for those of its contracted providers. MDLIVE\textsuperscript{®} and the MDLIVE logo are registered trademarks of MDLIVE, Inc., and may not be used without permission. |
| The University of Texas System contracts directly with independent third-party companies to administer its Employee Assistance Programs (EAP). Blue Cross\textsuperscript{®}, Blue Shield\textsuperscript{®} and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans. |