

Behavioral Health Suite of Services



Resources for Improved Well-Being



Savings on massage therapy, yoga, meditation, and more.

ProvidenceHealthPlan.com/LifeBalance



Self-Management & Mindfulness Tools

Health Coaching

Personalized support from a Providence Health Coach to help reduce stress and achieve your health goals, for ages 18+.

ProvidenceHealthPlan.com/HealthCoaching



Self-guided virtual therapy using Cognitive Behavioral Therapy (CBT) to help manage well-being. Available 24/7 within the app.¹

LearnToLive.com/Welcome/ProvidenceHealthPlan



Telehealth/Virtual

Behavioral Health Concierge®

Virtual appointments with Providence licensed behavioral health clinicians within 7 days. Available to eligible members in OR, WA, CA, ID, MT, and TX.

Providence.org/BHC



Virtual therapy and support for suicidal thoughts for ages 13-26. Available to eligible members in OR, WA, TX, CA, DE, PA, and NY.

Talkspace

Virtual psychotherapy for ages 13+ provides access to therapy and psychiatry² through text, call, or video, with help available within 48 hours.³

Talkspace.com/ProvidenceHealthPlan



Specialized treatment for OCD for all ages uses Cognitive Behavior Therapy (CBT), including effective Exposure and Response Prevention (ERP), and self-help tools within the app.



Virtual eating disorder treatment using Family-Based Treatment (FBT), matched with a multi-disciplinary team, for ages 6+.



12-week virtual therapy program helps individuals with suicidal thoughts, depression, anxiety, PTSD, and more, with help available within 2 days.



Virtual Intensive Outpatient Program (vIOP) for ages 11-30 offers group, family, and individual therapy sessions.



Broad Clinical Support

Behavioral Health Network

Local and nationwide in-person and virtual services for all ages, along with access to a specialized behavioral health network.

Provider Directory

ProvidenceHealthPlan.com/FindAProvider

- Go to the Provider Directory and search using your Member ID
- Select "Find a care provider"
- Select "Mental Health/Substance Use Disorder"



Care Management & Crisis Support

Behavioral Health HUB

Immediate 24/7 access to a crisis triage care team with real-time referrals.

503-574-7500 or 800-878-4445 (TTY: 711)

Emergency & Urgent Care Services

- Inpatient and residential care
- Partial hospital care

To learn more, visit

ProvidenceHealthPlan.com/BehavioralHealth

Call or text the **988 Suicide and Crisis Lifeline** if you or someone you know needs immediate crisis care.

¹ Access code required and varies depending on plan type. Call Customer Service to get your code.

² Psychiatrists have the ability to prescribe medication.

³ Access to Talkspace varies depending on plan type. Call Customer Service at 503-574-7500 or 800-878-4445 (TTY: 711) to see if your benefits include access to this network.