

Take care of your emotional health



BCBSRI can connect you with resources and treatment options for issues like:

- Depression
- Substance use
- Eating disorders
- Dementia

Find programs for children, teens, and adults, as well as family-focused services.

bcbsri.com/mentalhealth



If you are experiencing thoughts of suicide, a mental health or substance use crisis, or any other kind of emotional distress, call or text **988** for quick access to counseling help.

Where else can I find help?

Your primary care provider (PCP)

Discuss symptoms and ask for recommendations. However, you do not need a referral from your PCP for counseling or medication.

BCBSRI care managers

Licensed professionals work with you and your providers to get you the services you need. These BCBSRI teams also can review your medicines to make sure you understand why and how to take them. Call **1-800-274-2958**.

Find a provider

**Call BCBSRI Customer Service
at 1-800-639-2227 for help.**

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The information provided is not a referral or recommendation of any particular healthcare provider, facility, or program. BCBSRI cannot guarantee availability for the providers or programs listed. Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross and Blue Shield Association.