

Mental & Behavioral Health Resources

Headway



About Headway

Whether you know what you're looking for or not sure where to start, Headway makes it easy for you to find and schedule an appointment with the right mental health provider – covered by BCBSTX. Headway connects you with a licensed therapist or psychologist and schedules your appointment in one-click.



Access Headway Anytime

<https://headway.co/m/txhbp>

MDLIVE



About MDLIVE

MDLIVE Mental Health services are an affordable alternative to in-person appointments, providing talk therapy and psychiatry that fit into your schedule from the comfort of your home. Copays for participating may be as low as \$0 depending on your medical plan. If you are on a Consumer (High Deductible) Plan, you will be subject to an office visit fee until your deductible is met. Once met your visits will be \$0.



Schedule Your MDLIVE Virtual Visit

1. Log in to Blue Access for Members at bcbstx.com/member
2. Click **My Health** dropdown.
3. Select **Find Care**.
4. Click **Virtual Care**.
5. Schedule a **Virtual Visit**.

TX^{HB} WELL



Video Learning Courses

These video learning courses cover the 8 Pillars of Wellbeing, providing information to improve mental and physical health. Learn skills to manage stress and support life balance.



Access Our Courses Anytime

1. Log into txhb.gov
2. Select the **TXHB Well dashboard** tile.
3. Click **Courses**.



About WellOnTarget

Our partnership with Blue Cross & Blue Shield of Texas also gives you access to their wellness program, Well onTarget, and all of the mental health resources that come with it! Well onTarget is accessible via your Blue Access for Members account, selecting the **My Health** dropdown, and selecting **Wellness**.



Learn To Live

This digital mental health program offers quick, simple lessons that are available anywhere/anytime. Lessons utilize Cognitive Behavioral Therapy techniques that can help you learn new skills to break old patterns as well as one-on-one support with expert coaching. BCBSTX minors 13-17 can also utilize this program.



Wellness Coaching

Prolonged stress can lead to numerous health problems including physical, psychological, and behavioral conditions. Wellness coaches can provide support and techniques to help implement positive strategies for stress management as an important part of a healthy lifestyle. **To Learn More, Call: 855-762-6084.**



Challenges

Explore challenges that focus on relieving stress, promoting mindfulness, stabilizing financial health, increasing sleep, and more! ex. 60 Seconds to Less Stress: Lower your stress in just one minute a day.



Trackers and Progress Check-Ins

- Trackers: Track your progress while improving stress, sleep, physical activity, or finances.
- Progress Check-in: Take a few minutes to answer questions and get a personalized report to review progress toward your goals.



Video and Health Articles

Resources are available to help manage stress, build resilience, and support mental wellbeing such as Mindfulness: Breathing Practice and Relaxation Exercise: Guided Imagery.



Additional Resources

If you are struggling or in crisis, immediate help is available:

Crisis Text Line: 741-741, www.crisistextline.org

Call or Text: 988 or chat www.988lifeline.org

Substance Abuse & Mental Health Services Admin (SAMHSA) National Helpline: 800-662-HELP (4357)

National Suicide Prevention Lifeline: 800-273-TALK (8255), www.suicidepreventionlifeline.org

Contact your local: National Alliance for Mental Illness (NAMI)