

Feeling worried?  
Sad? Out of control?  
We are here  
to help.

#### BEHAVIORAL HEALTH

Most people have times when they don't feel their best. But when emotional struggles get in the way of normal activities or last a long time, you may need extra support.

The good news is there are many treatments and support systems available. With help, you may be able to control your symptoms and live a fuller life.

Your student health plan includes mental health benefits so you can get the support you may need for:

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

Mental health professionals from Blue Cross and Blue Shield of Montana are here to help you learn where and how to get help. Call the Customer Service number on the back of your member ID card to get started.

#### To find a mental health provider in your area:



Log in to [bcbsmt.com](https://bcbsmt.com).  
Select *Find Care*, or



Call the Customer Service number on the back of your member ID card if you need help finding the right provider or have questions about your benefits.

# Need more help?

The resources below are also available to you and your covered dependents 24/7. Call the Customer Service number on the back of your member ID card to learn more.



## Mental Health Hub

Our new Mental Health Hub can guide you to the right care for your unique needs. It features access to mental health providers, plus a variety of assessments, videos, podcasts, articles, tools and more.



## Digital Mental Health from Learn to Live

Learn to Live is a highly effective mental health program that combines coaching via phone, text or email and online access to help effectively manage challenges like stress, anxiety, depression, insomnia, social anxiety, substance use, panic and resiliency.



## Blue Access for Members<sup>SM</sup> and the BCBSMT App

View coverage details, request ID cards, check claims status or learn about health and wellness through your mobile device or computer.



## Virtual Visits

Virtual visits provide you with care through access to board-certified doctors and licensed therapists 24 hours a day, seven days a week. Treatment for nonemergency medical conditions or mental health needs can take place via online video, mobile app or phone.



## 24/7 Nurseline

Call a registered nurse toll free, around the clock. You can also learn about hundreds of health topics through an audio library system. Available in English and Spanish.



## Well onTarget<sup>®</sup>

This online wellness portal offers a health assessment, online courses (like stress management), tools and trackers. Visit [wellontarget.com](https://wellontarget.com) to learn more.



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

Student communications and information from the program are not meant to replace the advice of health care professionals. Students are encouraged to seek the advice of their doctor or behavioral health specialist to discuss their health care needs. Decisions regarding a treatment plan and place of treatment remain with the student and his or her health care providers.

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

Learn to Live provides educational behavioral health programs. Members considering further medical treatment should consult with a physician. 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 Montana. BCBSMT makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

Blue Cross and Blue Shield of Montana complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex, gender identity, age, sexual orientation, health status or disability. To get help and information in your language at no cost, please call us at 855-710-6984.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 855-710-6984 (TTY: 711).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 855-710-6984 (TTY: 711).



### Health care coverage is important for everyone.

If you, or someone you are helping, have questions, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 855-710-6984. We provide free communication aids and services for anyone with a disability or who needs language assistance.

We do not discriminate on the basis of race, color, national origin, sex, gender identity, age, sexual orientation, health status or disability. If you believe we have failed to provide a service, or think we have discriminated in another way, contact us to file a grievance.

Office of Civil Rights Coordinator  
300 E. Randolph St., 35<sup>th</sup> Floor  
Chicago, IL 60601

Phone: 855-664-7270 (voicemail)  
TTY/TDD: 855-661-6965  
Fax: 855-661-6960

You may file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, at:

U.S. Dept. of Health & Human Services  
200 Independence Avenue SW  
Room 509F, HHH Building 1019  
Washington, DC 20201

Phone: 800-368-1019  
TTY/TDD: 800-537-7697  
Complaint Portal: <https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf>  
Complaint Forms: <https://www.hhs.gov/civil-rights/filing-a-complaint/complaint-process/index.html>

### To receive language or communication assistance free of charge, please call us at 855-710-6984.

Español	Llámenos al 855-710-6984 para recibir asistencia lingüística o comunicación en otros formatos sin costo.
العربية	لتلقي المساعدة اللغوية أو التواصل مجاًاً، يرجى الاتصال بنا على الرقم 855-710-6984.
繁體中文	如欲獲得免費語言或溝通協助，請撥打855-710-6984與我們聯絡。
Français	Pour bénéficier gratuitement d'une assistance linguistique ou d'une aide à la communication, veuillez nous appeler au 855-710-6984.
Deutsch	Um kostenlose Sprach- oder Kommunikationshilfe zu erhalten, rufen Sie uns bitte unter 855-710-6984 an.
ગુજરાતી	આપા અથવા સંચાર સહાય મફતમાં મેળવવા માટે, કૃપા કરીને અમને 855-710-6984 પર કોલ કરો.
हिंदी	निःशुल्क भाषा या संचार सहायता प्राप्त करने के लिए, कृपया हमें 855-710-6984 पर कॉल करें।
Italiano	Per assistenza gratuita alla lingua o alla comunicazione, chiami il numero 855-710-6984.
한국어	언어 또는 의사소통 지원을 무료로 받으려면 855-710-6984번으로 전화해 주세요.
Navajo	Niná: Doo bilagáana bizaad dinits'á'góó, shá ata' hodooni nínízingo, t'áájíík'eh bee náhaz'á. 1-866-560-4042 jì' hodíilni.
فارسی	برای دریافت کمک زبانی یا ارتباطی رایگان، لطفاً با شماره 855-710-6984 تماس بگیرید.
Polski	Aby uzyskać bezpłatną pomoc językową lub komunikacyjną, prosimy o kontakt pod numerem 855-710-6984.
Русский	Чтобы бесплатно воспользоваться услугами перевода или получить помощь при общении, звоните нам по телефону 855-710-6984.
Tagalog	Para makatanggap ng tulong sa wika o komunikasyon nang walang bayad, pakitawagan kami sa 855-710-6984.
اردو	مفت میں زبان یا مواصلت کی مدد موصول کرنے کے لیے، براہ کرم ہمیں 855-710-6984 پر کال کریں۔
Tiếng Việt	Để được hỗ trợ ngôn ngữ hoặc giao tiếp miễn phí, vui lòng gọi cho chúng tôi theo số 855-710-6984.