You have options when it comes to getting care for your behavioral health. Take advantage of our expansive network of providers to find support close to home or when you’re traveling. You can also access our unique Behavioral Health Concierge program to quickly receive a virtual appointment.

**What is Behavioral Health?**

Behavioral health includes the emotions and behaviors affecting your overall well-being and is treated by caring for your mental health or substance use disorder.

- Covered services include diagnostic evaluation, individual and group therapy, and more
- Medications prescribed by providers as needed
- Virtual and in-person appointments to help with whole self-care
- Our expansive provider directory at ProvidenceHealthPlan.com/ProviderDirectory includes thousands of providers and facilities
- Contact an in-network provider to make an appointment without a referral

**What is Behavioral Health Concierge?**

Behavioral Health Concierge is a telebehavioral health consultation service that assists you in accessing licensed behavioral health professionals.

- Virtual and confidential same-day or next-day appointments at no cost*
- Focused care for up to 90 days to support the immediate behavioral health needs of you and your family
- Help with life stressors, mental health and addiction issues
- Convenient evidence-based, solution-focused service

**Need help with behavioral health or substance use disorder services?**

Give us a call anytime. Our support team is available 24/7, every day at 800-878-4445 (TTY:711).

Schedule a Behavioral Health Concierge appointment today by calling 877-744-WELL (877-744-9355) from 7 a.m. to 8 p.m. (Pacific Time), seven days a week.

You can also visit Providence.org/bhc to submit an appointment request online or watch a short program overview video.

*HSA plans are subject to deductible first and then covered in full. For more information, call Customer Service at 503-574-7500 or 800-878-4445 (TTY: 711), 8 a.m. to 5 p.m. (Pacific Time), Monday through Friday.

Behavioral Health Concierge is owned and operated by Providence St. Joseph Health (PSJH)

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