



Find your way♥

Help is always available.

♥ aetna®

You're not alone

When life's challenges get overwhelming, you don't have to go it alone. It's OK to ask for help. In fact, it's the brave and smart thing to do. What's more, you have options for getting the support you need, so you can choose what works best for you.

Get to know what's available to you and your family.

Take an assessment

Knowing more about yourself and your needs is an important first step in getting the right support and services. Through Texas Health Behavioral Health (THBH), you can get a no-cost in-person or virtual assessment to check in with yourself and find the right course of treatment.

Call the THBH team at **682-236-6023** for an appointment.



Policies and plans are insured and/or administered by Aetna Life Insurance Company or its affiliates (Aetna).



We're ready to help

Whether you're dealing with everyday stress or struggling with a difficult personal challenge, there are people, services and support on your side. Take advantage of the resources in this guide when you're ready to reach out.

To learn more, visit [TexasHealthAetna.com](https://www.texashealthaetna.com) > **Members** > **Stress management and emotional wellbeing**.



Suicide & Crisis Lifeline

Call or text **988** for free, confidential support if you or a loved one is in distress or crisis. Get immediate help and referrals from trained counselors, 24/7.

Resource

How to get started

Texas Health Aetna network providers



For in-network virtual or in-person support (by appointment)

Go to **TexasHealthAetna.com** to create your account. If you already have an account, log in and click **Mental health services**.

Or click **Find a doctor** to search by condition, specialty or name. Choose from a variety of specialties, and get help to find the best therapy plan, treatment and services for your needs.

Texas Health Behavioral Health

Get an individualized treatment plan, with both outpatient and inpatient options, for mental health and addiction issues.

Call **682-236-6023** to get started.

You can also visit **TexasHealth.org/Health-and-Wellness/Behavioral-Health** to learn more and explore the site's health and well-being resources.

Virtual therapy program



AbleTo

A personalized 8-week program proven to reduce depression, stress and anxiety. Educational resources and assessments are also available on the AbleTo platform.

Call **1-844-330-3648** or go to **AbleTo.com/Aetna** to schedule your consultation.

Available Monday–Friday, 9 AM–8 PM ET.

Help and support for substance abuse issues



Texas Health Recovery and Wellness Center offers the services of medical and licensed addiction professionals for guidance toward recovery and rehabilitation.

Call for a free assessment: **682-812-6150**.

Walk-in hours: Monday–Saturday, 8 AM–5 PM | 240 Miller Road, Mansfield, TX 76063

Virtual counseling services



Array AtHome

Virtual visits by appointment, available nationwide, for members age 5+

Call **1-800-442-8938** or visit **ArrayBC.com**.

Brightside

Virtual visits by appointment in all 50 states and Washington, DC, for members age 18+

Call **415-360-3348** or go to **Brightside.com**. You can also email your questions to **support@brightside.com**. Already a member? Go to your Brightside account to get started.

Telemynd

Virtual visits by appointment, available nationwide, for members age 5+

Call **1-866-991-2103** or visit **Telemynd.com/aetna-referral-form**.

Vita Health

Personalized mental health care for teens and young adults. Care is provided by experienced, licensed clinical social workers.

Call **1-844-866-TEEN (1-844-866-8336)** or visit **VitaHealth.Care**. Available in AL, AZ, CA, CO, CT, DC, FL, ID, IL, LA, MA, ME, MO, MS, NC, NJ, NV, NY, OH, PA, RI, SC, TX, UT, VA, WA, WV.

Online tools



Anytime-MD

The Anytime-MD app lets you communicate with a behavioral health specialist via your smartphone — by text, phone call or video. Get support, advice and help to find the right in-network resources.

Visit **Anytime-MD.com** to download the app.

MindCheck®

This online tool can help you understand and better manage your emotional health.

Learn more and get started at **MindCheckToday.com**.

Let's Talk videos

Video topics include depression, anxiety, bipolar disorder, relationships and more. New topics are added each month.

Visit **TexasHealthAetna.com > Members > Stress management and emotional wellbeing** and scroll to the bottom of the page to link to the Let's Talk video series.

Resources for your well-being

Get confidential, convenient help and support — the way you want it — with these resources.



In person



By phone



By video



By app



Online

Know your resources for mental well-being.

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