



www.myhealthybluela.com

Behavioral health

Healthy Blue can help you with your condition. Services include:

- One-on-one help with depression, schizophrenia, bipolar disorder or substance use disorder
- Treatment from a licensed mental health caregiver
- Help finding a provider
- Information about resources in your area
- Phone calls to you and your doctors to track your progress

More behavioral health resources

[National Institute of Mental Health](#)

[SAMHSA's National Health Information Center](#)

[Mental Health America](#)

[National Alliance on Mental Illness](#)

The information in this document is for educational purposes only. It is not to be used as medical advice.

Do you need help with your healthcare, talking with us, or reading what we send you? Call us toll free at 1-844-521-6941 (TTY 711) to get this for free in other languages or formats.

¿Necesita ayuda con su atención médica? ¿Necesita ayuda para leer lo que le enviamos o para hablar con nosotros? Llámenos al número gratuito 1-844-521-6941 (TTY 711) para conseguir esta información sin costo en otros idiomas o formatos.

Healthy Blue is the trade name of Community Care Health Plan of Louisiana, Inc., an independent licensee of the Blue Cross and Blue Shield Association.