WASHINGTON

Know your behavioral health options

If you or your loved one is facing a behavioral health challenge—from anxiety and depression to eating disorders or substance use—we want to make it easy to get care. You can find in-network providers at **regence.com**. (Some services aren't available on all plans.)

Help is available. No referral is needed.

Thoughts of suicide? Call 988—National Suicide and Crisis Lifeline—available 24/7.

In-person care

Go to **regence.com** to find a doctor and look for these in-network options:

- Private practitioners with a variety of expertise, such as psychiatrists, psychologists, social workers, licensed counselors and more
- Inpatient care
- Outpatient programs

Virtual care

- **AbleTo Therapy+** for an eight-week series of one-on-one therapy with digital support between sessions for age 18 and up: AbleTo.com
- **Charlie Health** offers virtual mental health care for members age 8 to 64, specializing in intensive outpatient programs for members who need extra support: charliehealth.com
- **Equip** offers holistic support for eating disorders through virtual family-based treatment (FBT). A five-person care team includes a therapist, family member, peer mentor, medical provider and dietitian. For members of all ages, as well as their families: equip.health
- **NOCD** provides online therapy for people with OCD and related disorders through live video sessions with a licensed, specialized therapist. For age 5 and up: nocd.com
- **Talkspace** offers convenient access to therapy for individuals and teens age 13 and up, as well as psychiatry and medication management for those 18 and older. Licensed providers can address a range of mental health needs, from everyday stress to diagnosed conditions: talkspace.com

Substance use disorder

- **Boulder Care** for virtual outpatient treatment: boulder.care
- **Eleanor Health** for virtual treatment: eleanorhealth.com
- **Hazelden Betty Ford** for inpatient and outpatient services. Virtual care is also available: hazeldenbettyford.org

Provider matching

- **Array** provides virtual psychiatric assessments, medication management and therapy for age 5 and up: arraybc.com
- **Headway** offers thousands of in-network therapists across diverse races, genders, ethnicities and specialties for members age 1 and older. Schedule within 48 hours via one-click, online booking: headway.co
- **Rula** offers in-network access to 15,000+ therapists for virtual visits for members age 5 and older. Select a provider based on your needs and schedule online, often within 48 hours: rula.com/regence

Employee Assistance Program (EAP)

Ask your HR team if your plan includes EAP. Get a range of no-cost services to support your mental health, emotional well-being and life-balance needs.

Customer Service is here for you

Need more help finding the right care? Our compassionate team is ready to help. Just give us a call at the number on the back of your member ID card.

Resource information is current as of May 2025.

AbleTo and Talkspace are separate companies that provide mental health telehealth services. Equip is a separate company that provides virtual eating disorder services. NOCD is a separate company that provides OCD treatment services. Boulder Care is a separate company that provides substance abuse and addiction treatment services. Rula is a separate company that provides behavioral health telehealth services.

Regence

Regence BlueShield serves select counties in the state of Washington and is an Independent Licensee of the Blue Cross and Blue Shield Association

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