



MASSACHUSETTS
**LABORERS' BENEFIT
FUNDS**

WE CAN HELP YOU GET MENTAL HEALTH SUPPORT

Find a mental health specialist.

Finding a therapist who's a good fit for you and your family, including children and adolescents, is important. We're here to help.

Use our **Find a Doctor & Estimate Costs** tool to find licensed therapists — including psychologists, licensed mental health counselors, and marriage and family therapists. To start searching, open the MyBlue app or sign in at bluecrossma.org, and choose **Find a Doctor & Estimate Costs** under **My Care**.

For help finding a mental health provider or with any other questions about your health benefits, call **Massachusetts Laborers' Health and Welfare Fund** at 800-342-3792 x201.



LEAN

If you or a family member struggles with substance or alcohol use, call the LEAN Recovery Specialists to get the help you need. **844-423-LEAN**

24/7 Crisis Support

If you are experiencing a crisis, contact the Spring Health hotline:

1-855-629-0554 (option 2)

Or call or text the national Suicide & Crisis Lifeline: **988**.

Available 24 hours a day, 7 days a week, 365 days a year.

MENTAL HEALTH IS A FAMILY MATTER

We're making mental health care options available to you and your family in more ways than ever before. Visit our Mental Health Resource Center to learn more about relevant topics.

Learn more

Scan the QR code or visit
bluecrossma.org/mentalhealth.



FIND THE RIGHT MENTAL HEALTH CARE FOR YOU AND YOUR FAMILY

Whether you're looking for in-person or virtual providers, support for a child, or specialized mental health care, you have options. Check out these in-network, independent mental health practices.

For general mental health support such as individual, couples and family therapy, as well as medication management. They provide accelerated access to care with high-quality clinicians for Blue Cross members.

Alma	Ages 5+	helloalma.com
Headway	Ages 6+	headway.co
Octave	Ages 18+	findoctave.com
Rula	Ages 5+	rula.com
Spring Health	Ages 6+	springhealth.com
Valera Health*	Ages 6+	valerahealth.com
Talkiatry	Ages 6+	talkiatry.com
Thriveworks*	Ages 6+	thriveworks.com

For specialty mental health

Aware Recovery* Provides in-home substance use disorder treatment to promote lasting recovery	Ages 18+	awarerecoverycare.com
Brightline* Provides therapy for children, adolescents, and teens to help manage anxiety, depression, behavior issues, ADHD, and other conditions	Ages 18 months to 17 years	hellobrightline.com/bcbsma
Cortica* Provides whole-child, value-based care for autistic and other neurodivergent children and their families	Up to age 21	corticacare.com
Equip Health Provides treatment for anorexia, bulimia, and atypical eating disorders	Ages 6+	equip.health
Forge Health* Focuses on improving the mental health and well-being of active-duty service members, veterans, first responders, and their families	Ages 18+	info.forgehealth.com/bcbsma
NOCD* Offers specialized treatment for obsessive-compulsive disorder	Ages 5+	treatmyocd.com
SAYFTEE* Offers a range of mental health and therapy services to LGBTQI+ people and their loved ones	Ages 6+	sayftee.com

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).
 ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).
 ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).