

# Behavioral health help guide

Support programs are available when you need them



Your emotional well-being is important. That's why we offer programs and services to help support your overall health. If you or a family member are facing emotional health challenges, such as mental health conditions, substance abuse, or eating disorders, the following resources can help make a difference.

Program	How it can help <sup>1</sup>
Learn to Live	If you or a loved one need help managing behavioral health symptoms, this self-guided, digital cognitive behavioral therapy (CBT) can help. Learn to Live uses <b>digital tools</b> and engaging media to help people manage symptoms such as depression, anxiety, substance use, stress, and sleep problems. To join: Go to the <b>Sydney<sup>SM</sup> Health</b> app or log in to <b>anthem.com</b> , go to <i>My Health Dashboard</i> , choose <b>Programs</b> , and select <b>Emotional Well-being Resources</b> .
LiveHealth Online <sup>2,3</sup>	If you need to see a behavioral health therapist, LiveHealth Online can connect you via video visit to a specialist who can help with stress, anxiety, and depression. For psychiatry services, LiveHealth Online offers access to resources to help manage and support a behavioral health condition. Go to <b>livehealthonline.com</b> or download the app to register. Or, go to the <b>Sydney Health</b> app and select <b>More</b> , then choose <b>Virtual Visit</b> .
Eating Disorder Management	If you or a dependent is admitted to an intensive care setting for eating disorder treatment, an Anthem care manager will reach out and work with you to make sure you are receiving the support you need.
Substance Use Treatment and Recovery	If you or a dependent need long-term substance use treatment, including withdrawal management and medication-assisted treatment (MAT), Aware Recovery Care (ARC) can provide it in the privacy and security of your home. <b>To learn more about working with an Aware Recovery Care team, please call 844-AWARERC or 317-779-0310 for immediate help. Aware Recovery Care works with clients throughout Indiana.</b>
Child/Adolescent Family/Guardian Outreach	If you have a child receiving behavioral health services in a hospital setting, an Anthem care manager will contact you within 48 hours of your child's admission. They will help you understand the recovery process, discuss a treatment plan for when your child comes home, and answer questions.
Autism Spectrum Disorder (ASD) Family Outreach	If your child has ASD, your family may need support services. This program focuses on the entire family, guiding you through treatment and keeping your child's providers connected. To enroll, call an Anthem behavioral health care manager at the number on the back of your member ID card.
Intensive In-home Behavioral Health Services	You and your dependents (ages 3 to 24) with complex psychiatric or substance abuse challenges can use a number of in-home treatment programs. An emergency department, inpatient facility, or Anthem care manager can refer you.
Behavioral Health Case Management	If you need consults or referrals for conditions such as depression, anxiety, or bipolar disorder, our behavioral health case managers can help. Call the number on the back of your ID card to learn more.

**Whatever your needs, we are here with support to help you improve your quality of life.**

To find a provider or resource in your plan, call the number on the back of your ID card or visit **anthem.com** or the **Sydney Health** app.



<sup>1</sup> In accordance with federal and state law, and professional ethical standards, your information remains private and confidential unless you give your written permission to share it.

<sup>2</sup> Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 800-273-8255 (National Suicide Prevention Lifeline) or 911 and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

<sup>3</sup> Appointments subject to availability of a therapist.

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