

Behavioral Health resources

Priority Health knows mental health issues can affect anyone—how we think, feel, act, handle stress, relate to others or make choices. Whether you're seeking treatment or simply searching for more information, we have many support options and free resources that can help.

Use the Teladoc Health Mental Health platform.

You have a free self-help resource waiting online.

Focusing on your emotional health is essential. As a Priority Health member, we encourage you to take advantage of Teladoc Health's Mental Health program, formerly called myStrength. This free mental wellness resource offers support for stress, depression, sleep and more to help you live your happiest and healthiest life. To get started, go to **priorityhealth.com/mentalhealth** and use access code **PHMH** when signing up.*



priorityhealth.com/mentalhealth

Find a provider.

Locate in-network help that fits your needs.

Our behavioral health network includes outpatient psychologists, licensed professional counselors, licensed master social workers, psychiatrists, behavior analysts, and so many more. Open your Priority Health app or log into your member account and click on **My Health care > Find a doctor**. Click on **Advanced Search** and scroll through the **Specialty** and **Areas of Focus** filters to find a list of providers who match the areas of expertise that you are seeking.



priorityhealth.com/findadoc

Call us directly.

Priority Health remains committed to your mental well-being.

Navigating the behavioral health system can be tough. We have a team of behavioral health specialists who can talk to you about your health coverage, treatment options and find in-network specialists. They can even help you determine whether outpatient care or inpatient care will best meet your needs. Just call the number on the back of your member ID card or **800.673.8043 (TTY 711)**. Crisis support is available 24 hours a day, seven days a week.



**800.673.8043
(TTY 711)**

You may also call or text 988 anytime to receive emotional support outside of Priority Health. Additionally, if you are experiencing immediate safety concerns or need medical attention, we encourage you to call 911 or to go the nearest emergency room.

*Teladoc Health Mental Health is available to Priority Health members ages 13 and up.

Priority Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia en su idioma. Consulte al número de Servicio al Cliente que está en la parte de atrás de su tarjeta de identificación de miembro. (TTY: 711).

ملاحظة: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. يرجى الاتصال برقم خدمة العملاء على الجانب الخلفي من بطاقة عضويتك الشخصية. (رقم هاتف الصم والبكم: 711).