

Intranet Content – Mental Health

Add content to your intranet site to help your employees find mental health resources. Please choose one of the following options:

- Introduction copy with a link to an informational flier
- Full content

Introduction with flier:

Your, as well as your family's, mental health is important. Blue Cross and Blue Shield of Nebraska has created a website where you can get the help you need, regardless of your situation. Review the attached flier for more information. *(note attach member flier from toolkit)*

Full Content:

Your, as well as your family's, mental health is important. Blue Cross and Blue Shield of Nebraska has created a website where you can get the help you need, regardless of your situation. Visit **NebraskaBlue.com/MentalHealth** to find:

- Emergency response contacts and mental health resources
- In-network doctors and therapists for in-person or virtual visits
- Nurse-supported programs that are included with your health plan – there's no additional cost
- Detailed information to help you identify mental health issues and how to get help

If you need immediate assistance, please call/text 988 or the Boys Town Crisis Hotline 800-448-3000.

If you have any questions, please call the Member Services number on the back of your member ID card.