



Your **mental well-being** is important

As part of our commitment to a holistic approach to mental health, you have access to resources that will enhance you and your family's health and well-being.

Whether you want guidance for practicing self-care, need immediate crisis support or something in between, **we are here to help.**

We have support and resources to help you get the care you and your family need.

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

The resources are provided by external companies who are responsible for their services. Blue Cross and Blue Shield of Nebraska is an independent licensee of the Blue Cross Blue Shield Association. 60-174-508 (04-29-24)



In crisis?

➔ **988Lifeline** **Call/text 988**

988Lifeline can help prevent suicide.

➔ **Boys Town 24/7 Crisis Hotline** **800-448-3000**

Open 24/7 and is staffed by specially trained Boys Town counselors.

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➔ **Questions?**

Scan the code or call the Member Services number on the back of your ID card.

