



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

→ **Questions?**

Visit NebraskaBlue.com/MentalHealth or call the Member Services number on the back of your ID card.

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.