

# Your **mental well-being** is important

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## **In crisis?**

### **988Lifeline**

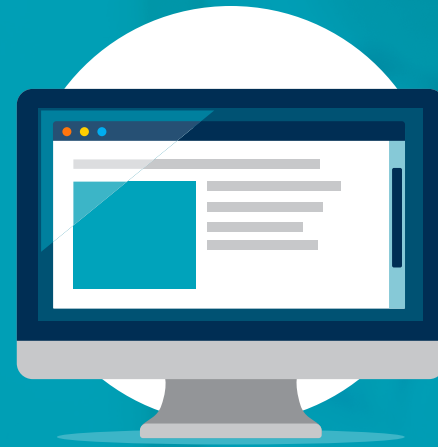
**Call/text 988**

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.



Blue Cross and Blue Shield of Nebraska has support and resources at your fingertips to help you get the care you and your family need.

- Emergency response resources
- In-network doctors and therapists
- Nurse-supported programs that are free (included in your health plan)



➔ Visit **NebraskaBlue.com/MentalHealth**