



Behavioral (Mental) Health and Substance Abuse Benefits

The 32BJ Health Fund offers easier and greater access to behavioral (mental) health and substance abuse resources—either in person or online—than ever before.

How To Find Care



Call **Anthem Behavioral Health** at 855-531-6011 or go to the [32BJ member portal](#) for help finding a licensed therapist or a psychiatrist at a 5 Star Center or anywhere else in network—and pay your regular copays for an in-person or online appointment.

If you have questions about your behavioral health benefits, call **Health Services** at 866-230-3225, **Monday—Friday**, 8:30 am—5 pm (Eastern Time).

Online Behavioral Healthcare Resources

You may also be able to see an in-network therapist or psychiatrist using the following online services. Some resources are not available in every state.

Talkiatry

The psychiatrists at Talkiatry treat mild-to-moderate mental health conditions by prescribing and managing medication. To make your first appointment, go to www.talkiatry.com and click on “Get Started.”

Headway

To find a therapist or a psychiatrist by gender, specialty, and location, go to www.headway.co and follow the steps to make an appointment. Headway’s therapists and psychiatrists offer appointments both in person and online. (Note: If you are looking for care outside of New York and are prompted about the Blue Card, click “yes”—it just means you can access the network.)

LiveHealth Online

To get 24/7 access to psychiatrists and therapists, go to www.startlivehealthonline.com, follow the steps to sign up, and select “Psychology” (to see a therapist) or “Psychiatry” (to see a psychiatrist).

NOCD

The therapists at NOCD specialize in helping people diagnosed with obsessive-compulsive disorder (OCD). To make an appointment, go to www.treatmyocd.com and follow the steps.

Vita Health

This program is specifically for people who are actively thinking about suicide or who have attempted suicide. To make an appointment, call Vita Health at 844-866-8336 (**Monday—Friday, 8 am—8 pm** [Eastern Time]) or go to www.vitahealth.care and follow the steps.

Mindful Care

If you or a family member needs to get an appointment quickly, go to <https://mindful.care/mental-health-urgent-care>. Mindful Care’s team of experienced medical professionals offers urgent mental healthcare appointments—either in person or online.

Help in an emergency

If you or someone in your family is in crisis, and you need immediate mental health or substance abuse assistance:

- Call **988** for the new, nationwide **Suicide & Crisis Lifeline**
- Call **911** for **emergency responders**
- Or, go to the **nearest emergency room**

Behavioral healthcare professionals

Therapist

A therapist is a licensed behavioral health professional (such as a psychologist, a social worker, a marriage counselor, a chemical dependency counselor, etc.) who provides counseling (“therapy”) to help relieve emotional distress and mental health problems faced by individuals, couples, and families.

Psychiatrist

A psychiatrist is a medical doctor who specializes in behavioral or mental health conditions, such as depression, anxiety, eating disorders, substance abuse, and more.