

Mental health is health

Your mental wellness is essential to your overall health. But sometimes, knowing how or where to start can feel overwhelming. It's OK to need a little support along the way — we're here to help.

Your plan with Blue Cross and Blue Shield of Nebraska (BCBSNE) includes access to care and resources to support your mental and emotional health — at no or low cost.*

BCBSNE plans include:

The most provider choices across Nebraska

97% of members have access to in-network mental health professionals like therapists and counselors. Whether you just want a little help or need more care, BCBSNE gives you access to providers who can help get you back on track.

\$5-15 copays for common medications*

Drug prices can vary, but most common medications for depression and anxiety are covered by many BCBSNE plans. Working with your doctor, you can be confident that medication can be an affordable part of your care plan.

Virtual visits with licensed therapists

Telehealth appointments with licensed therapists are covered by most BCBSNE health plans, so you can get seen and heard quickly and conveniently. Check with your provider to see if they offer telehealth or use our mobile app to speak with a licensed professional.

Customized care through a convenient mobile app

Through a free mobile app, you can match with a Nebraska-based nurse who knows you and your insurance plan. They'll listen to how you're feeling, help connect you to care, and point you toward resources that can help.

Personal health coaching and care management

All BCBSNE members have access to a team of registered nurses, located right here in Nebraska. Your nurse advocate can support you in managing stress, improving your sleep, navigating the health care system, and much more.



Keep these hotlines in mind**

- ➔ Life-threatening emergency:
Call **911**
- ➔ Suicide prevention or mental health crisis: Call **988** or text **HOME** to **741741**
- ➔ Domestic violence:
Call **800-799-7233**
- ➔ Substance or alcohol abuse:
Call **1-800-662-HELP**
- ➔ Problem gambling:
Call or text **1-800-522-4700**

Questions? Need help?

Call the Member Services number on the back of your ID card.

For additional resources, visit
NebraskaBlue.com/MentalHealth

* To determine the availability of services and benefit details under your specific health plan, please review your member materials for details on benefits, conditions and exclusions or call the number on the back of your Member ID card.

** These hotlines are offered by independent and separate organizations. They are responsible for their programs and services.

Blue Cross and Blue Shield of Nebraska is an independent licensee of the Blue Cross Blue Shield Association. 60-201 (03-11-24)