

How are you feeling?



At BSWH, we value your whole health—including your mental well-being.

Most likely you or someone in your life is feeling the stress and strain of life and is working hard to hide it. That can be exhausting. Behavioral health treatment can help you live a healthier and happier life and can help you cope with stressors in a manageable way.

When you need support, you and your family have options. The chart on the next page can help you determine what is right for you and your situation—and how to get started.




As the flight attendant points out before takeoff:

You can't take care of others if you don't take care of yourself first.

SEE RESOURCES
ON NEXT PAGE



Need to talk?

What type of behavioral health care do you need?	Eligibility	Options	How to access	Cost to you	
I'm not sure...	Employee medical plan members	Primary Care Physician	Contact your PCP	PCP copay	
		Lyra	MyBSWHealth member portal	No cost for digital wellness tools*	
	Employee medical plan members (18+)	eVisit	MyBSWHealth member portal	No cost	
	All employees and their family members	Employee Assistance Program (EAP)	Call 877.622.4327	No cost	
Work and life are challenging. I'd like to talk to a peer who understands what I'm going through	All employees	Peer Support	<ul style="list-style-type: none"> Call 888.674.7337 8 a.m.–6 p.m., seven days a week Virtual staff support via TEAMS BSWconnect.com/PeerSupport 	No cost	
I would like spiritual support and encouragement	All employees	Spiritual Care Hotline	Call 254.724.1575 Mon–Fri (7 a.m.–7 p.m.)	No cost	
I would like online wellness tools, screenings or other behavioral health resources that I can access on my own	All employees and their family members	EAP	Call 877.622.4327	No cost	
		Headspace	 Scan or click the QR code to get started	No cost	
	Employee medical plan members	Lyra	MyBSWHealth member portal	No cost for digital wellness tools*	
I would like to talk to a therapist in person/virtually	All employees and their family members	EAP	Call 877.622.4327	No cost	
		Employee medical plan members	Lyra	MyBSWHealth member portal	No cost for digital wellness tools*
			In-network provider	<ul style="list-style-type: none"> MyBSWHealth member portal Provider search tool BSWHealthPlan.com/BSWH 	
	Patients seen by PCP in a BSWH clinic	Collaborative Care	Request from PCP	PCP copay	
I need help finding a therapist or an MD	Employee medical plan members	Lyra	MyBSWHealth member portal	No cost for digital wellness tools*	
	Employee medical plan members	HealthAccess	Call 844.279.5467	No cost	
I am experiencing a crisis and need help right now	Anyone	Crisis Hotline	Call 988	No cost	

* Copay will apply for coaching, therapy and medication management.