



MASSACHUSETTS

# MENTAL HEALTH CARE IS HEALTH CARE

We're making mental health care more available, to more members, in more ways, than ever before.



## MAKE YOUR MENTAL HEALTH A PRIORITY

Nothing should stand between you and your emotional, psychological, or social well-being. The first step is finding a therapist or psychiatrist who can meet your needs. For members in Massachusetts, you can use MyBlue to:



Find independent in-person and virtual mental health practices



Take a quick questionnaire to help you find the right provider



## GET STARTED

Sign in to MyBlue and go to **My Care**, then select **Mental Health Options**.

To create a MyBlue account, or sign in, or download the MyBlue app, go to [bcbsma.info/myblue-app](https://bcbsma.info/myblue-app) or scan the QR code using your smartphone camera.

## Talk to Team Blue

We can assess your needs and match you with available in-network providers.  
Call **1-888-389-7764**, Monday through Friday, 8:30 a.m. to 4:30 p.m. ET.

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ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).  
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).  
ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).