Subject line: Take care of your mental health too

*Get the most health from your health plan with these useful tips.*

**Don’t ignore your mental health**

Your mental well-being is just as important as your physical well-being. Mental health and substance use disorders are medical conditions that are often chronic, and there are treatments for these disorders just as there are for diabetes or heart disease.

Help is available for concerns such as:

* Mood disorders
* Anxiety disorders
* Attention deficit disorders
* Bipolar disorder
* Depression
* Eating disorders
* Stress or anger management
* Schizophrenia and other psychotic disorders
* Substance use/addiction
* Coping with grief and loss

**BCBSRI Behavioral Health Line**

To find a provider or receive ongoing support, call the 24-hour BCBSRI Behavioral Health Line at 1-800-274-2958. This service is offered at no extra cost through your Blue Cross & Blue Shield of Rhode Island (BCBSRI) health plan.

You’ll be able to speak with a mental health and substance use disorder professional who will help you find the care you need, provide education and support, and coordinate your care with different healthcare professionals.

In an emergency situation, always call 911.

To learn more, please visit the [BCBSRI website](https://www.bcbsri.com/employee/member/mentalhealth).