



An Anthem Company

## Behavioral health

Empire BlueCross BlueShield HealthPlus can help you with your condition. Services include:

- One-on-one help with depression, schizophrenia, bipolar disorder or substance use disorder.
- Treatment from a licensed mental health caregiver.
- Specialist referrals, if needed.
- Information about resources in your area.
- Phone calls to you and your doctors to track your progress.

### More behavioral health resources

- [National Institute of Mental Health](#)
- [SAMHSA's National Health Information Center](#)
- [Mental Health America](#)
- [National Alliance on Mental Illness](#)

Empire BlueCross BlueShield HealthPlus is the trade name of HealthPlus, LLC, an independent licensee of the Blue Cross and Blue Shield Association.