

## Mental Health Resources Breakdown:

The importance of knowing and understanding how to utilize the added value Behavioral Health resources available to Blue Shield Members. Non-members would have limited access to some of these resources, they will not have access to Teladoc, Ginger, & Headspace.



CredibleMind functions as a mental health navigator and digital library providing a wealth of self-service tools and guiding members to BSC resources and benefits. Members navigate from the BSC mental health site to the CredibleMind site where they can:

- Browse by Topic
- Complete Assessments
- Access Crisis Resources
- Explore BSC services, programs, and resources.



Magellan Health- Day to Day access to mental health and substance abuse providers either face to face or over the phone. Member copayments apply. These are California based providers.



Teladoc Mental Health- Virtual resource that is available through video chat, telephone, or computer-based program. No cost program. When you cannot wait to see a provider and need to speak to someone right away or need direct access to medication. Nationwide access of providers throughout the United States.

Headspace Care is a supplemental resource to Magellan which is available through Wellvolution that has a copay for individuals who need more in-depth sessions with a licensed clinician. Non-Copay related general coaches' sessions are available to help work out work-life balances. Nationwide access.

Headspace- is a self-paced digital platform available through Wellvolution that offers a library of meditation practices, musical playlists, article resources, exercises and more. Nationwide access.