



Getting the help you need for mental health and substance use disorders

One in five Americans struggles with some form of mental health concern. If you or a loved one is living with depression, anxiety, a substance use disorder, trauma, or another mental health condition, help is available through your WHA plan.

Whether you need short-term emotional support or treatment for a chronic mental health condition, your benefits include digital support tools and resources, customized treatment plans, and an extensive network of thousands of mental health providers (both virtual and in-person), to ensure prompt access to care and support.

WHA's mental/behavioral health partner is Optum, and their approach to whole-person health care helps meet individuals where they are and helps WHA members access the knowledge, tools, and services needed to achieve and maintain overall well-being.

Optum offers a full spectrum of mental health and substance use disorder services, along with tools and resources to support you and your family, without a referral from a primary care physician (PCP). Members can access a broad group of qualified mental health professionals—with a network of over 5,500 in-person

providers and over 3,000 virtual providers—so you can get care nearby.

Optum's Live and Work Well behavioral health member portal provides a resource for members to screen their symptoms, get triaged to the most suitable care, and search mental health professionals seamlessly. By consolidating mental health services from Optum with retail pharmacy services through OptumRx, and existing Optum Disease Management programs, WHA members can benefit from integrated services.

Medication-assisted treatment is available as one of the services, including 26 mental health and 29 substance use disorder inpatient facilities, as well as Specialty Case Management for Substance Use Disorder, Child & Adolescent Care, Eating Disorders, Geriatric, Specialized Mental Illness, and ABA therapy.

In a crisis, call or text #988 for the National Suicide Prevention Lifeline. It's free and available 24/7 providing confidential support for anyone in distress. You'll be connected to trained counselors who will listen, provide support, and connect you to resources. TTY Users: Use your preferred relay service or dial 711 then 988.

visit • mywha.org/bh

access your mental health benefits

call • **Optum 800.765.6820**

see what programs and services are available
(if a MyCare Medicare member, use **855.857.9748**)

search • mywha.org/directory

find a behavioral health provider



**western
health**