

***If members are having an urgent mental health crisis, please have them call 911, or visit an emergency room as soon as possible.***

Below information is accessible on our website. It is public information and does not need a member ID to access.

- **HorizonBlue.com/Horizon Behavioral Health –**
  - Where members can find tools, resources, and support for their Behavioral Health needs.
  - **1-800-626-2212 (TTY 711)**
    - Speak to a live member of the Behavioral Health Team to assist them in obtaining the support they need
    - **Available 24/7- including weekends and holidays**
  - **Our Licensed Clinicians**
    - can support members where they are
    - guide them to where they may need to be
    - educate them on resources available
    - They are available from **8am to 8pm EST weekdays.**
  
- 2 Ways to connect via internet
  - Start by clicking the link or copy and pasting to your browser <https://horizonblue.com>
    - Click on **Members**
    - Click on **Our Networks**
    - Click on **Horizon Behavioral Health**
  
  - Click on the link or copy and paste into your browser <https://www.horizonblue.com/behavioralhealth/>
    - **Find a Behavioral Health Provider**
      - Type of Care
      - Plans accepted
      - Clinical Expertise
  
    - **Self-Check Assessments**
      - Online screening tools are meant to be a quick snapshot of your mental health. If your results show that you may have symptoms of a mental illness or substance use disorder, consider sharing your results with your doctor or therapist.
        - Anxiety Check
        - Depression Check
        - Substance Use Check for Teens
        - Substance Use check for Adults

- **Find Resources & Get Support**—offers valuable resources
  - Depression & Suicide
    - Obtain information on the warning signs and risk factors of suicide
  - Stress and Anxiety
  - Substance Use and Recovery
  - Stigma & Discrimination
  - Taking Care of your Mental Health
  - Children & Teens
  - Maternal Mental Health
  - **Help Hotlines & Online Resources**
    - Clickable links and online services available
    - **For faster access, please click on this link:**  
<https://www.horizonblue.com/behavioralhealth/find-resources-get-support/help-hotlines-online-resources>
  - **Suicide and Crisis Lifeline**
    - **Dial 988**
    - Crisis counselors are **available 24/7** to support
    - **Chat & Text available**
- **Additional Resources**
  - **Horizon Care Navigators**
    - Registered nurses available to assist members and connect them with appropriate resources depending on their need
    - **888-621-5894, option 2**
    - Available **8am to 7pm EST weekdays**