



Empowering you to thrive—at work and beyond

Mental health is vital to a person's well-being at every age and stage of life. Emotional well-being influences how you think, feel, and interact with those around you. And it affects your capacity to manage stress, build relationships, and make good decisions. While physical health is essential, true wellness comes from caring for the whole person.

Get help understanding your plan's benefits and services, including:

► **Mental Health Services**

Mental health impacts every area of our lives. If you or someone you care about is struggling with their mental health, know help is available – including one-on-one counseling, family therapy, peer support and more.

► **Substance Use Services**

Asking for help is a sign of strength, not weakness. Like any other chronic disease, the earlier you treat addiction and substance use disorders, the better the chances treatment will be successful.

► **Mental Health Education**

Mental illness and addiction are complex and often overlap. Learn how to recognize the signs and symptoms of these conditions so you or your loved one can take steps to get help.

You're not alone. Find a mental health provider or treatment center near you.

Visit your health plan's website and search our online provider directory or call us toll-free at **1-800-873-2246**, TTY **711**. You can self-refer to a mental health provider without a referral from your primary care provider (PCP).

If you are currently experiencing a life-threatening emergency, please call 911 or go to the nearest hospital emergency room immediately. If you're thinking about harming yourself, call the National Suicide and Crisis Lifeline at **988**, or the 24-hour National Suicide Prevention Lifeline toll-free at **1-800-273-8255** to be connected to a trained counselor at a suicide crisis center nearest you. For youth under the age of 18, call the Division of Child and Family Services' (DCFS) Mobile Crisis Response Team (MCRT) at **702-486-7865** in Southern Nevada or **775-688-1670** in Northern Nevada

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