

Mental health support when you need it

Explore available care options



If you or a loved one need support for coping with life, reducing stress, or living with a mental health condition, you're not alone. You can find the help you need through Anthem's behavioral health services and with SupportLinc's emotional wellbeing and work-life balance resources. Asking for help can be the hardest part. The information below details the resources available to you, including how to reach out when you're ready.

	EAP - SupportLinc	Anthem's Behavioral Health Resource Center	Talkspace	LiveHealth Online	Suicide and Crisis Lifeline
What is it?	Confidential in-person sessions with a licensed professional counselor. Each member of your household can have eight visits with a counselor.	24/7 confidential support, care guidance, online tools, and access to a care manager who can help you reach your emotional well-being goals.	Personalized match with a therapist. 24/7 access to confidential messaging with a therapist via text, audio, or video and the ability to schedule a virtual visit in real time.	24/7 confidential counseling through scheduled visits over live text message, telephone, or video.	24/7 confidential mental health support, including prevention and crisis resources for anyone in distress.
When do I use it?	When you need help managing: <ul style="list-style-type: none"> • Depression • Stress • Anxiety • Relationships • Drug and alcohol use • Work-related issues • Work-life balance resources 	When you need help: <ul style="list-style-type: none"> • Understanding your condition • Personalizing a care plan • Confirming benefits coverage • Finding in-network care 	When you need help managing: <ul style="list-style-type: none"> • Anxiety • Depression • Grief • Relationships • Sleep • Stress • Drug and alcohol use • Trauma 	When you need help managing: <ul style="list-style-type: none"> • Anxiety • Stress • Depression • Grief • Relationships/family issues • Panic attacks • Coping with illness 	When you or someone you know are: <ul style="list-style-type: none"> • Experiencing suicidal thoughts or behavior. • Experiencing emotional distress. • Behaving in a way that could harm others.
What does it cost?	No cost, no deductibles or copays.	No extra cost.	Deductibles and copays apply.	Deductibles and copays apply.	No extra cost.
How do I connect?	Call your SupportLinc Resources 24/7 at 888-505-3745 or visit mygdsupport.com . Group code: generaldynamics	Call 844-792-5141 to speak to a representative.	Visit talkspace.com/anthem and select Get Started . Provide the requested information.	Use the Sydney Health app or visit anthem.com to find virtual care options that are right for you.	Call or text 988 or chat with someone at 988lifeline.org, 24/7 .

Take care of yourself

Your mental and emotional well-being matter just as much as anything else on your to-do list. Don't hesitate to reach out to any of the resources above when you need support. Contact Anthem's Behavioral Health Resource Center at **844-792-5141** for guidance on where to start, if needed.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (National Suicide Prevention Lifeline) and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. Talkspace does not offer emergency services.

Talkspace is not currently available for fully insured California members.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

Virtual text and video visits powered by K Health.

LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan.

SupportLinc is a separate company and not affiliated with Anthem Blue Cross and Blue Shield.

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