



## Your **mental well-being** is important

As part of our commitment to a holistic approach to mental health, you have access to resources that will enhance you and your family's health and well-being.

Whether you want guidance for practicing self-care, need immediate crisis support or something in between, **we are here to help.**



We have support and resources to help you get the care you and your family need.

Visit [NebraskaBlue.com/MentalHealth](https://NebraskaBlue.com/MentalHealth) to find:

- Emergency response contacts and mental health resources
- In-network doctors and therapists for in-person or virtual visits
- Nurse-supported programs that are included with your health plan – there's no additional cost
- Detailed information to help you identify mental health issues and how to get help

### → **Questions?**

Visit [NebraskaBlue.com/MentalHealth](https://NebraskaBlue.com/MentalHealth) or call the Member Services number on the back of your ID card.

## In crisis?

### **988Lifeline**

**Call/text 988**

988Lifeline can help prevent suicide.

### **Boys Town 24/7 Crisis Hotline**

**800-448-3000**

Open 24/7 and is staffed by specially trained Boys Town counselors.