

Anthem

Mental health is part of your overall well-being

Getting the right support can make all the difference

Did you know that emotional challenges impact not only your mental but also your physical health? This can lead to anxiety, depression, and long-term health issues. Supporting emotional well-being is essential. Here's why:[1]

66%

of U.S. employees report feeling burned out — the highest ever recorded.[1]

21.5M

U.S. adults experience both a mental health condition and a substance use disorder.[2]

Higher risk

of chronic diseases for adults experiencing depression.[3]

We'll help you find the right support

With Anthem, you can quickly find expert, compassionate, and confidential care — often at low or no extra cost. You have access to a wide range of programs and services online, on the phone, in person, or through video — whatever is most convenient for you.



Schedule a virtual visit

Meet with psychologists and therapists within seven days using our Sydney℠ Health app — half the time needed for scheduling in-person.[4]

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We're here to help

If you have questions about your benefits or need help finding a behavioral health professional or program, chat with us live on the Sydney Health app or at anthem.com, or call Member Services at the number on your member ID card.

Programs and care providers:	For help with:	How to access:[5]
Affect Therapeutics offers virtual treatment for stimulant use disorder through an innovative app-based program. Their platform provides evidence-based therapy, medication management, and progress tracking, all from a smartphone.	Substance use such as stimulants	**Affect Therapeutics:** virtual and in person Visit affect.com
Aspire365 brings personalized, at-home mental health and substance use treatment to individuals ages 13 and up. The program works around your schedule, providing 24/7 clinical support, telehealth and in-person visits, and access to group sessions.	General behavioral health concerns, as well as substance use	**Aspire365:** virtual and in person Visit aspire365.com
Aware Recovery Care provides in-home substance use treatment tailored to your recovery journey. Services include medication-assisted treatment, withdrawal management, and care and support in the privacy of your home.	Substance use such as opioids and alcohol	**Aware Recovery Care:** in home Visit awarerecoverycare.com
BayMark offers in-person and virtual treatment for opioid use. Their services include medication-assisted treatment, using methadone, buprenorphine, and other evidence-based options to support long-term recovery.	Opioid use	**BayMark:** virtual and in person Visit baymark.com
Boulder Care provides virtual substance use treatment focused on medication-assisted recovery for opioid and alcohol use disorders. They combine clinical care with peer coaching and digital tools for continuous support.	Substance use such as opioid and alcohol	**Boulder Care:** virtual Visit boulder.care
Bright Heart Health offers virtual treatment for substance use and eating disorders. Their personalized programs are tailored to meet co-occurring behavioral health needs with a focus on holistic recovery.	Substance use and eating disorders	**Bright Heart Health:** virtual Visit brighthearthealth.com
BrightView offers same-day access to outpatient substance use treatment. Services include medication-assisted treatment, therapy, case management, peer support, and wraparound social support services.	Substance use	**BrightView:** virtual and in person Visit brightviewhealth.com
Charlie Health treats teens and young adults facing high-acuity virtual mental health conditions. Treatment programs, including virtual Intensive Outpatient Program (IOP), combine therapy and psychiatric care with peer connection to foster long-term healing.	Anxiety, depression, mood disorders, substance use, and general behavioral health concerns	**Charlie Health:** virtual Visit charliehealth.com
CleanSlate specializes in outpatient treatment for opioid and alcohol use. They offer medication-assisted treatment, therapy, and personalized care and support for recovery.	Substance use such as opioid and alcohol	**CleanSlate:** in person Visit cleanslatecenters.com
Eleanor Health provides virtual support for substance use, blending medical, behavioral, and peer support into a whole-person recovery approach.	Substance use	**Eleanor Health:** virtual Visit eleanorhealth.com
Headway matches individuals with therapists based on their needs. Offering an easy-to-use scheduling platform on their website, the average new-patient appointment is available in fewer than five days.	General behavioral health concerns as well as substance use	**Headway:** virtual and in person Visit book.headway.co/anthem-bcbs

Programs and care providers:	For help with:	How to access:[5]
InStride programs use evidence-based therapy models such as exposure and response prevention (ERP) and cognitive behavioral therapy (CBT). Care teams including a therapist, exposure coach, and psychiatrist offer behavioral health support for people ages 7 to 22.	Children and young people ages 7 to 22 with anxiety, obsessive-compulsive disorder (OCD), and general behavioral health concerns	**InStride:** virtual Visit instride.health
LifeStance Health provides both in-person and virtual therapy and psychiatric care across all age groups. Services include individual counseling, psychiatry, and medication management.	General behavioral health concerns	**LifeStance Health:** virtual and in person Visit lifestance.com
LiveHealth Online offers access to licensed therapists and psychiatrists via video visits from the convenience of home.	General behavioral health concerns	**LiveHealth Online:** virtual Visit livehealthonline.com
NOCD offers virtual ERP therapy for OCD, with access to licensed therapists and digital support tools.	OCD	**NOCD:** virtual Visit treatmyocd.com
Ria Health offers virtual treatment for alcohol use. Their model includes medical supervision, anti-craving medications, coaching, and digital progress tracking.	Alcohol use	**Ria Health:** virtual Visit riahealth.com
Rula connects individuals with licensed therapists and prescribers. Services include therapy, medication management, and psychiatric evaluations, with a scheduling platform that enables care to begin quickly.	General behavioral health concerns	**Rula:** virtual Visit rula.com/anthem
Seven Starling offers specialized mental health support for individuals in the perinatal period. Their virtual model includes peer groups, therapy, and psychiatry designed for pregnancy and postpartum challenges.	General behavioral health concerns related to pregnancy and the postpartum period	**Seven Starling:** virtual Visit sevenstarling.com
SonderMind offers therapy and psychiatry from licensed mental health providers, with flexible scheduling and insurance support for both in-person and virtual care.	General behavioral health concerns	**SonderMind:** virtual and in person Visit sondermind.com
Spero Health provides virtual outpatient treatment for substance use, combining counseling, peer support, and medical care.	Substance use	**Spero Health:** virtual and in person Visit sperohealth.com
Talkspace offers convenient access to licensed therapists and psychiatrists via video sessions, messaging, and live chats.	General behavioral health concerns	**Talkspace:** virtual Visit talkspace.com/anthem
Thrive Peer Recovery Services provides peer-based recovery and mental health support. Certified peer supporters help individuals navigate recovery from substance use through lived experience.	Substance use	**Thrive Peer Recovery Services:** in person Visit thrivepeersupport.com
Vita Health specializes in virtual suicide prevention services for individuals age 12 and older especially adolescents, college students, and veterans. Their model includes risk assessments, safety planning, and therapy with trained clinicians.	Suicide prevention	**Vita Health:** virtual Visit vitahealth.care

1 National Institute of Mental Health: *Suicide* (February 2025): nimh.nih.gov.
2 Substance Abuse and Mental Health Services Administration: *Key Substance Use and Mental Health Indicators in the United States: Results from the 2022 National Survey on Drug Use and Health* (November 2023): https://www.samhsa.gov/data/sites/default/files/reports/rpt42731/2022-nsduh-nnr.pdf.
3 National Institute of Mental Health: *Understanding the Link Between Chronic Disease and Depression* (2024): nimh.nih.gov.
4 Appointments subject to availability. 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 text, chat, or call 988 (Suicide and Crisis Lifeline), or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.
5 Access to these providers may change based on the status of provider participation. To verify provider availability to you as a member, please contact member services. 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 also may receive a bill for any charges not covered by 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. Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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