



Mental health support for you and your loved ones

	When to use	Contact info
 Your behavioral health benefits	If you or a loved one needs more help or treatment for a mental health or substance use problem	To find a behavioral health provider, call Member Services toll-free at 1-877-542-9236 , TTY 711 , 8 a.m.–8 p.m. local time, Monday–Friday (voicemail available 24/7) or visit myuhc.com/CommunityPlan
 Primary care provider	If you or a loved one wants to talk to your health care provider first, call them to discuss your concerns	Doctor name: _____ Phone: _____
 Therapist or mental health doctor (if already seeing one)	If there is not an immediate danger and you or your loved one already gets treatment from a therapist or mental health doctor	Therapist/mental health doctor name: _____ Phone: _____
 SUD Helpline	If you or your loved one needs help quickly with use or misuse of alcohol, drugs or other substances	Call 1-855-780-5955 , TTY 711
 988 Suicide and Crisis Lifeline	If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support	Call, text or chat 988 anytime for immediate help or visit 988lifeline.org
 911	If you or your loved one has an immediate, life-threatening emergency; be sure to tell 911 this is because of a mental health crisis	Call 911 anytime

Know where and when to find support

Are you or a loved one facing a small problem or a big challenge? Struggling with a mental health issue can be hard. Read these available mental health resources to help you make good decisions to get the right support at the right time.

Your behavioral health benefits

Your behavioral health benefits may cover help or treatment for mental health or substance use issues. Some examples may include talk therapy, help with medications and time in the hospital.

You or your loved one's primary care provider

Talk with your primary care provider to learn about your care options and suggestions. If needed, they may also be able to help you find a mental health specialist.

You or your loved one's therapist or mental health doctor (if they're already seeing one)

You or your loved one's therapist/mental health doctor can help you consider or decide which steps to take based on how well they know your your needs..

SUD Helpline

Get help and hope for recovery in a private conversation. Connect with a specialized substance use recovery advocate at any time, any day.

988 Suicide and Crisis Lifeline

Dialing **988** connects you to the 988 Suicide and Crisis Lifeline. It's available 24/7, with interpretation services available in 150 languages. You can also text **988**. You'll be given a short survey to help the crisis center understand what you're going through. Then you'll be connected with a counselor.

911

When you call, tell the 911 operator as much as possible, including who is having a mental health crisis so they can send the right person to help you.

UnitedHealthcare Connected® for MyCare Ohio (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Ohio Medicaid to provide benefits of both programs to enrollees.