

Behavioral Health resources

Priority Health knows mental health and substance use issues can affect how we think, feel, act, handle stress, relate to others or make choices. Whether you're seeking treatment or simply searching for more information, we have many support options and free resources that can help.

Use the Teladoc Health Mental Health platform.

You have a free self-help resource waiting online.

Focusing on your emotional health is essential. As a Priority Health member, we encourage you to take advantage of Teladoc Health's Mental Health program.* This free mental wellness resource offers support for stress, depression, sleep and more to help you live your happiest and healthiest life. To get started, visit [**priorityhealth.com/mentalhealth**](https://priorityhealth.com/mentalhealth) to sign up for your free Teladoc Health account.



[**priorityhealth.com/mentalhealth**](https://priorityhealth.com/mentalhealth)

Find a provider.

Locate in-network help that fits your needs.

You can find a behavioral health specialist by using our Find a Doctor tool at [**priorityhealth.com/findadoc**](https://priorityhealth.com/findadoc) or directly through your Priority Health app or member account. In the tool, click on **Advanced Search** and use the **Areas of Focus** and **Specialty** filters to find a list of behavioral health specialists who match the areas of expertise you are seeking.



[**priorityhealth.com/findadoc**](https://priorityhealth.com/findadoc)

Call us directly.

Priority Health remains committed to your mental well-being.

We have a team of behavioral health specialists who can talk to you about your health coverage, treatment options and find in-network specialists. Just call the number on the back of your member ID card or **800.673.8043 (TTY: 711)**. Crisis support is available 24 hours a day, seven days a week. You can learn more about all of our mental health resources and substance use support services by scanning the QR code or visiting [**priorityhealth.com/behavioralhealth**](https://priorityhealth.com/behavioralhealth).



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You may also call or text 988 anytime to receive emotional support outside of Priority Health. Additionally, if you are experiencing immediate safety concerns or need medical attention, we encourage you to call 911 or to go the nearest emergency room.