

Support for better mental health is right here

Learn more about the behavioral health programs included in your health plan

Connecting you to the care you need the way you want it

Mental health is as important as physical health for overall well-being. Good mental health helps us think clearer and feel calmer. Your Anthem health plan offers a range of cost-effective, easy-to-access benefits, including care for:

- Depression
- Anxiety
- Family conflict
- Substance use disorders
- Chronic illness
- Mood disorders
- Eating disorders
- Trauma
- Grief
- Obsessive-compulsive disorder
- General behavioral and mental health issues
- Gender identity and dysphoria

The mental and behavioral health programs offered in your plan are confidential, compassionate, and convenient and let you get care on your terms: in your home or in person at an office or clinic, virtually through video or by chat, or on the phone. Below is a list of programs available through Anthem:

- **Aspire 365:** Personalized, at-home mental health and substance use treatment for ages 12 and older over a 12-month period. 24/7 clinical support, telehealth, and in-person visits, and access to group sessions. **1.888.678.6960**
- **InStride Health:** Clinical expertise, coaching, and support integrated into daily life to engage children and teens. Virtual format offers flexibility for busy families and is as effective as in-person treatment for anxiety and obsessive-compulsive disorder. **1.855.438.8331**
- **Aware Recovery Care:** Long-term substance use treatment, including withdrawal management, medication-assisted treatment, and in-home care and support. **1.844.292.7372**
- **Vita Health:** Suicide intervention program that includes teletherapy and psychiatry services. **1.844.866.8336**
- **Headway:** Virtual mental health clinic that offers easy-to-access therapy and psychiatry services for adults, children, adolescents, and teens. **1.646.941.7645**
- **Talkspace:** Video, text, and phone sessions with a licensed therapist for individuals, teens, couples, and families. **1.888.846.4821**
- **Equip:** Eating disorder treatment delivered at home. **1.855.374.3618**
- **Charlie Health:** Virtual intensive therapy for youth who need a higher level of support. **1.986.206.0414**
- **Valerahealth:** Virtual mental health clinic that offers therapy and psychiatry services for adults, children, adolescents, and teens. **1.646.450.7748**
- **LiveHealth Online:** Virtual behavioral health support with psychologist for children ages 10+ and psychiatry for adults 18+. **1.888.548.3432**

To enroll in any of these programs, please visit the program website or visit healthtrustnh.org and login to your Secure Enrollee Portal (SEP) and click on the Anthem Mental Health tile to access programs.