



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 support or treatment for a mental health or substance use condition	To find a behavioral health provider, call Member Services toll-free at 1-877-542-9238, TTY 711. OR Visit myuhc.com/CommunityPlan
 Pediatrician/family doctor	If you or a loved one prefers talking to your health care provider first, call them to discuss your concerns	Doctor name: _____ Phone: _____
 Therapist or psychiatrist (if already seeing one)	If there is not an immediate danger and you or your loved one is already receiving treatment from a therapist or psychiatrist	Therapist/psychiatrist name: _____ Phone: _____
 SUD Helpline	If you or your loved one needs immediate support with use or misuse of alcohol, drugs or other substances	Call 1-855-780-5955, TTY 711.
 Family Crisis Response Helpline	If a person 20 years and younger needs immediate support for a mental health crisis	Call 1-833-441-2240 , available 24/7.
 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 is experiencing an immediate, life-threatening emergency; be sure to inform 911 this is because of a mental health crisis	Call 911 anytime



Know where and when to find support

Whether you or a loved one is facing a small problem or a big challenge, struggling with a mental health issue can be hard. Familiarizing yourself with these available mental health resources can help you make confident decisions to connect with the right support at the right time.

Your behavioral health benefits	Your behavioral health benefits may cover support or treatment for mental health or substance use conditions. Some examples may include talk therapy, help with medications and hospitalization.
You or your loved one's pediatrician/family doctor	Meet with your family doctor to learn about your care options and recommendations. If needed, they may also be able to provide a referral to a mental health specialist.
You or your loved one's therapist or psychiatrist (if they're already seeing one)	You or your loved one's therapist/psychiatrist can help you consider or decide which steps to take based on their knowledge of your needs and situation.
SUD Helpline	Get help and hope for recovery in an anonymous conversation. Connect with a specialized substance-use recovery advocate at any time, any day.
Family Crisis Response Helpline	Calling the Kansas Family Crisis Response Helpline connects you with a trained professional 24/7 to address concerns regarding your child, including face-to-face support if needed.
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. If you feel more comfortable, you can also text 988 . You'll be given a short survey to help the crisis center understand what you're going through, and then you'll be connected with a counselor.
911	When you call, tell the 911 operator as many details as possible, including who is experiencing a mental health crisis so they can send the appropriate personnel to handle the situation with care.

Depending on your coverage, these services may have a deductible or copay.

