



MASSACHUSETTS

MENTAL HEALTH CARE IS HEALTH CARE

We're making mental health care more available, to more members, in more ways, than ever before.

Nothing should stand between you and your mental wellness, whether that means emotional, psychological, or social well-being. Our Mental Health Resource Center is the place to explore your care options, insightful information, and helpful wellness choices.



KEEPING MENTAL HEALTH TOP OF MIND



Explore Your Options

Learn about no-cost remote therapy visits,* wellness choices, and substance use support.



Check Out Current Topics

See articles and videos on coping with today's mental health challenges.



Use Your Benefits

Tap into all of your mental health care benefits with MyBlue.

LET TEAM BLUE LEND A HAND

We're here for you. Our highly trained health care experts are standing by to help you understand and coordinate your mental health support. Call Team Blue at **1-888-389-7764**.

*We've waived costs for all mental health covered services by video or phone with in-network providers for the duration of the Massachusetts health emergency. Waived costs include copays, co-insurance, and deductibles.

Learn More

To access the Mental Health Resource Center, go to bluecrossma.org.