



MAKING IT EASIER TO GET MENTAL HEALTH SUPPORT

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



THE SUPPORT YOU NEED, JUST A FEW CLICKS AWAY

Nothing should stand between you and your emotional, psychological, or social well-being. Finding a therapist or psychiatrist who's a good fit is important. Use MyBlue to:



FIND MENTAL HEALTH PROVIDERS

Explore in-person and virtual mental health care options for adults and children with providers currently accepting new patients.



ACCESS TOOLS AND RESOURCES

Get help addressing mental health needs with tools and resources like Team Blue, who can help you find the care you need.



GET STARTED

To see your mental health options, scan the QR code, or sign in to **MyBlue** or create an account.

Talk to Team Blue

We can assess your mental health needs and match you with available in-network providers. Call **1-888-389-7764**, Monday through Friday, 8:30 a.m. to 4:30 p.m. ET.

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ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).
ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).