

MAKING IT EASIER TO GET MENTAL HEALTH CARE

Finding the right mental health care is important. With just a few clicks, MyBlue can help you find virtual and in-person mental health providers, like the ones below, including specialty providers, that are in-network and are currently accepting new patients.

To find all your personalized care options, sign in to MyBlue or create an account at bluecrossma.org, then go to **Find a Doctor & Estimate Costs** under **My Care**.

GENERAL MENTAL HEALTH PROVIDERS¹

Provider	Availability by state	Member eligibility	Provider highlights	More info
 Alma focuses on virtual and in-person therapy and medication management.	Nationally	Members enrolled in a Blue Cross Blue Shield of Massachusetts plan and their covered family members ages 5 and older .	With a diverse network of more than 13,000 providers, many of whom identify as Black, Hispanic, Asian, and/or LGBTQIA+, Alma can match our members with the right therapist or psychiatrist. Alma provides an online platform to help members search for the right provider, get cost estimates, and book appointments.	Go to helloalma.com/bcbsma or call 1-917-694-6915.
 Headway offers virtual care and in-person appointments in Eastern Massachusetts.	Available nationwide for virtual care, and Eastern MA for in-person care	Members enrolled in a Blue Cross Blue Shield of Massachusetts plan and their covered family members ages 6 and older .	With its diverse network of more than 20,000 mental health providers and specialists, Headway helps members find the right therapist or psychologist. Headway provides an online platform that helps members find a provider that suits them, get cost estimates, and book appointments.	Go to headway.co or call 1-332-900-2882.

1. All providers and programs are subject to change. Sign in to MyBlue for a list of current providers and programs covered by your plan.

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 Optum Behavioral Care offers virtual or in-person care including therapy, medication management, behavioral coaching.	Massachusetts only	Members enrolled in a Blue Cross Blue Shield of Massachusetts plan and their covered family members ages 4 and older .	Optum provides high-quality services to the communities they serve, and has 15 on-site locations. Their priority is to match patients to the best providers for their needs. Psychological and neuropsychological testing is available at their Family Counseling Centers in Brookline and Newton.	Go to optumbhcare.com or call 1-877-622-0013 .
 Rula Health offers virtual appointments for therapy and medication management.	Nationally	Therapy services are available to members enrolled in a Blue Cross Blue Shield of Massachusetts plan and their covered family members ages 6 and older . Medication management patients must be 18 or older .	Rula Health offers therapy and medication management, partnering members with a provider that meets their unique preferences. Services include: • Individual therapy • Couples therapy • Family therapy • Medication management	Go to rula.com/bcbsma or call 1-857-375-7857 .
 Spring Health™ offers virtual and in-person (where applicable) therapy and medication management.	Nationally	Members enrolled in a Blue Cross Blue Shield of Massachusetts plan and their covered family members ages 6 and older .	Members have access to: • Individual, couples, and family therapy • Medication management • Care navigation • Assessment and care plans • Crisis support • Digital wellness exercises	Go to benefits.springhealth.com/insurance/bcbsma or call 1-855-629-0554 .
 Talkiatry specializes in psychiatry through virtual therapy and medication management.	Nationally	Members enrolled in a Blue Cross Blue Shield of Massachusetts plan and their covered family members ages 6 and older .	Talkiatry uses information such as the patient's diagnosis, medical and medication history, and other criteria to match them to a psychiatrist who has expertise tailored to the patient's specific needs. Psychiatrists and their support teams work with patients to determine treatment plans and visit frequency, while continually monitoring and adjusting the plan, including medication usage, to ensure optimal results and limit side effects.	Go to talkiatry.com or call 1-917-634-5311 .

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 Thriveworks offers appointments virtually or in person.	Massachusetts only In-person care limited to the Greater Boston area and Central Massachusetts	Members enrolled in a Blue Cross Blue Shield of Massachusetts plan and their covered family members ages 6 and older . Medication management patients must be 14 or older .	Thriveworks offers mental health care with top providers and high-touch customer support. They provide a service that matches patients with a qualified provider, along with on-demand video courses and other technology to help patients get the most from their sessions. Patients can contact their provider by phone or email between sessions.	Go to thriveworks.com/partners/massachusetts or call 1-617-263-8059 . Existing patients can call 1-888-414-1938 .
 Valera Health offers virtual care and limited in-person appointments.	Central Massachusetts	Members enrolled in a Blue Cross Blue Shield of Massachusetts plan and their covered family members ages 6 and older .	Valera Health uses a team approach to treat a broad array of mental health conditions through therapy, medication management, and individual and group therapy for maternal and perinatal wellness.	Go to valerahealth.com or call 1-646-450-7748 .

SPECIALTY MENTAL HEALTH PROVIDERS²

Provider	Availability by state	Member eligibility	Provider highlights	More info
 And Still We Rise offers virtual and in-person therapy to diverse individuals and communities.	Massachusetts	Members enrolled in a Blue Cross Blue Shield of Massachusetts plan and their covered family members ages 4 and older .	And Still We Rise provides trauma-informed therapy to diverse individuals, including Black, Indigenous, and LGBTQIA+. • Their providers are diverse and bring real-life experience to the practice. • They work with individuals and the places where they live, work, and learn to address the impacts of systematic oppression and build toward healing, justice, and lasting change.	Go to andstillwerise.us or call 1-888-572-0795 .

2. All providers and programs are subject to change. Sign in to MyBlue for a list of current providers and programs covered by your plan.

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 Aware Recovery offers in-home virtual treatment for substance use disorders.	Massachusetts	Members enrolled in a Blue Cross Blue Shield of Massachusetts plan and their covered family members ages 18 and older .	Aware Recovery provides: • Treatment that integrates medical and mental health care to promote lasting recovery • Family educational sessions to create support systems • Ambulatory detox • Medication assisted treatment	Go to awarerecoverycare.com or call 1-203-446-4068.
 Brightline offers mental health care for children through its digital connect platform. Therapists, psychiatrists, speech therapists, and other clinicians work together on a child's care plan.	Massachusetts	Covered family members ages 2-17 .	Brightline helps children, adolescents, and teens manage anxiety, depression, behavioral issues, ADHD, and other conditions. They take a multi-disciplinary approach, working with pediatricians and schools. Brightline has a patient app with videos, interactive exercises, and tips. Patients can chat with a provider for support with stress, social skills, break-ups, and other issues. Parents and caregivers can get coaching tips to support their kids.	Go to hellobrightline.com or call 1-888-224-7332.
 Cortica offers in-home and virtual applied behavioral analysis (ABA), medical, and developmental therapy appointments in Greater Boston for children with autism and other developmental differences.	Massachusetts	Covered family members ages 21 and younger .	Cortica's value-based care offerings include: • Medical care • ABA therapy • Counseling • Developmental therapies, such as speech, physical, and occupational therapy	Go to corticacare.com or call 1-888-885-5068.
 DynamiCare Health offers a comprehensive digital therapeutic and coaching program to help members overcome substance use disorders.	Massachusetts	Members enrolled in a Blue Cross Blue Shield of Massachusetts plan and their covered family members ages 13 and older .	DynamiCare's digital recovery platform helps members quit drugs, alcohol, and tobacco by providing: • Motivation and accountability • Incentives, known as contingency management, which have been proven effective in the treatment of substance use disorder • Peer support and counseling, remote testing, cognitive behavioral therapy (CBT), and family support	Go to dynamicarehealth.com/for-health-plans or call 1-855-539-6264.

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 Eleanor Health offers virtual and in-person care for those with substance use disorders.	Eastern and Central Massachusetts	Members enrolled in a Blue Cross Blue Shield of Massachusetts plan and their covered family members ages 18 and older .	Eleanor Health is an outpatient addiction treatment center that provides: • Personalized, evidence-based care that recognizes addiction as an illness • Medication management and medication-assisted treatment (MAT) to ease withdrawal symptoms or to treat mental health disorders, such as depression and anxiety • Virtual and in-person appointments, including evenings and weekends	Go to eleanorhealth.com or call 1-877-759-5021 .
 Equip offers treatment for eating disorders through virtual, evidence-based care tailored to each patient.	Nationally	Members enrolled in a Blue Cross Blue Shield of Massachusetts plan and their covered family members ages 5 and older .	Equip members are supported by a dedicated five-person care team that includes a: • Doctor who provides medical management • Therapist who helps build coping skills and works through psychological elements • Dietitian who helps meet nutritional goals • Peer mentor who's been through recovery and can offer empathy and motivation • Family mentor to support the patient's family and friends	Go to equip.health or call 1-855-387-4378 .
 Forge Health™ specializes in treatment for mental health and substance use disorders for active-duty service members, veterans, first responders and their families, virtually and in person.	Massachusetts	Members enrolled in a Blue Cross Blue Shield of Massachusetts plan and their covered family members ages 18 and older .	Forge Health provides personalized treatment, including therapy and counseling, outpatient programming, and intensive outpatient programming. Treatment includes evidence-based approaches, such as cognitive behavioral therapy, and motivational enhancement therapy. They also treat LGBTQIA+ members and members with cancer.	Go to forgehealth.com or call 1-888-224-7312 .
 NOCD offers virtual care for obsessive compulsive disorder (OCD) through exposure and response prevention (ERP) therapy.	Massachusetts	Members enrolled in a Blue Cross Blue Shield of Massachusetts plan and their covered family members ages 5 and older .	NOCD's licensed therapists are trained and specialize in ERP, known to be the most effective treatment for OCD. They design a treatment plan based on the member's needs to ensure the best outcomes and offer support between sessions using self-help tools and peer communities. In-person services may be considered in extreme circumstances.	Go to treatmyocd.com or call 1-312-766-6780 .



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 SAYFTEE offers virtual and in-person therapy, for gender expansive and LGBTQIA+ individuals.	Massachusetts	Members enrolled in a Blue Cross Blue Shield of Massachusetts plan and their covered family members ages 6 and older .	SAYFTEE is a socially conscious group for LGBTQIA+ individuals, couples, and families. They’re passionate about providing a nurturing and supportive environment for youth and young adults to discover their most authentic self. They provide a safe place for connection that strengthens families and communities.	Go to sayftee.com .
 Well Behavioral Health provides an Eating Disorder Recovery Services (EDRS) program, which is a specialized at-home treatment model that works with your schedule.	Nationally	Members enrolled in a Blue Cross Blue Shield of Massachusetts plan and their covered family members ages 12 and older . Individual consideration may be made for younger children.	Well Behavioral Health’s EDRS program offers virtual treatment for eating disorders that meets members where they’re at in the world. They’ll work with a member’s outpatient team and treatment program to help bridge any gaps. They’re open seven days a week, including evenings and weekends. Services include individual and group therapy, meal support, recovery coaching, family coaching, intensive outpatient treatment, and nutrition therapy.	Go to eatingdisorder specialists.com .

 In person  Virtual