

We want you to live a vibrant life. That includes physical health as well as behavioral (mental and emotional) wellness. Almost everyone has a time in life where behavioral health plays a role. Whether it's your own journey or supporting someone you love, it's important to know where to go for help.

New Directions is the behavioral health program you can access 24/7 on your terms. You can get support to:

- Understand behavioral health needs and how you can benefit from care
- Locate in-network providers, specialty doctors and treatment facilities
- Connect with people and groups in your community that can support you
- Coordinate with your doctors to help you achieve your health goals

You also can take advantage of the specialty services offered:

- Care management program
- Autism resource program
- Substance Use Disorder clinical response unit

*Let's get started! Just watch this brief [video](#) to help you understand more about behavioral health services.*