



# blueprint

## •• New Directions ••

### ***Behavioral Health Program***

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. That's why BlueAdvantage Administrators of Arkansas is working with New Directions. They provide behavioral health services to help you get the care you need, no matter what challenges you're facing.

### **You don't have to navigate behavioral health alone**

With 24/7 access to licensed clinicians, New Directions can help you:

- Understand your 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

### **Get support for:**

Depression

Anxiety

Substance use

ADHD

Autism

Bipolar disorder

Schizophrenia



## Specialty services



### Care Management Program

Work with a licensed behavioral health professional who can help you identify your needs, create a treatment plan and coordinate with your doctors.



### Substance Use Disorder Clinical Response Unit

Licensed clinicians can assess your needs, teach you about evidence-based treatment options and ensure you are connected with the right care.



## Behavioral health support



Visit [ndbh.com/resources](https://ndbh.com/resources) to access self-help tools, screening tools and find community resources for things like addiction, child abuse, employment, food pantries, military families and parenting.



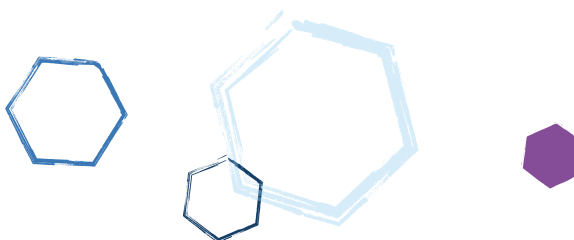
**When in doubt, speak to someone.** You can reach us 24/7 by calling 877-801-1159.



**Find a behavioral health or medical provider.**

1. Visit [blueprintportal.com](https://blueprintportal.com)
2. Sign in or register with your member ID number
3. Use the Find Care tool to find a behavioral health or other medical provider near you.

**Blueprint Portal**



**BlueAdvantage  
Administrators of Arkansas**

An Independent Licensee of the Blue Cross and Blue Shield Association

