

Behavioral health

blueprint

You don't have to navigate behavioral health alone. Your health plan includes behavioral health services to help you get the care you need, no matter what challenges you're facing. With 24/7 access to licensed clinicians, we 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 additional information
about your health plan at
arkbluecross.com/gettingcare.



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