

# 2026 Behavioral Health Suite of Services

## Resources for Improved Well-Being



Save on massage therapy, yoga, meditation, recreational and cultural activities, and more.<sup>1</sup>

[ProvidenceHealthPlan.com/LifeBalance](https://ProvidenceHealthPlan.com/LifeBalance)

## Telehealth/Virtual

### Behavioral Health Concierge

Virtual appointments with licensed behavioral health clinicians within 7 days. Available to eligible members in OR, WA, CA, ID, MT, and TX.

[Trusana.com/PHP](https://Trusana.com/PHP)

### galileo<sup>®</sup>

24/7 virtual access to licensed providers via text, phone, or video, with coaching, CBT programs, and referrals as needed.

[Galileo.io/Welcome/Providence](https://Galileo.io/Welcome/Providence)

### Talkspace

Virtual psychotherapy for ages 13+ provides access to therapy and psychiatry<sup>2</sup> through text, call, or video, with help available within 48 hours.

[Talkspace.com/PoweredByCollectiveHealth](https://Talkspace.com/PoweredByCollectiveHealth)

### Equip

Virtual eating disorder treatment using family-based treatment (FBT), matched with a multi-disciplinary team, for ages 6+.

[Equip.health](https://Equip.health)

### charlie health

Virtual intensive outpatient program (vIOP) for ages 11-30 offers group, family, and individual therapy sessions.

[CharlieHealth.com](https://CharlieHealth.com)

## Broad Clinical Support

### Behavioral Health Network

Local and nationwide in-person and virtual services for all ages, along with access to a specialized behavioral health network.

### Find a Provider

Log into My Collective<sup>®</sup> at:

[ProvidenceHealthPlan.CollectiveHealth.com](https://ProvidenceHealthPlan.CollectiveHealth.com)

- Navigate to Get Care
- Search and filter provider listing based on location, specialty, gender, or language

## Care Management & Crisis Support

### Emergency & Urgent Care Services

- In-patient or residential treatment options
- Partial hospital care without overnight stay

### National Suicide & Crisis Lifeline

Call or text **988** for immediate crisis care.

- Free and confidential support
- Connect with a counselor by phone, text, or chat
- Available 24/7/365, nationwide

## Not sure where to start?

Talk with a Member Advocate. They'll help guide you to the best resource for your needs. Visit [ProvidenceHealthPlan.CollectiveHealth.com](https://ProvidenceHealthPlan.CollectiveHealth.com).

<sup>1</sup> LifeBalance isn't available to all members. To determine eligibility, contact a Member Advocate.

<sup>2</sup> Psychiatrists have the ability to prescribe medication.