

# 2026 Behavioral Health Suite of Services



## Resources for Improved Well-Being



Save on massage therapy, yoga, meditation, recreational and cultural activities, and more.

[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)



Virtual therapy and crisis support for individuals age 13-26 who are experiencing suicidal thoughts. *Available to eligible members in OR, WA, TX, CA, DE, PA, and NY.*

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

### Talkspace

Virtual psychotherapy for ages 13+ provides access to therapy and psychiatry<sup>1</sup> through text, call, or video, with help available within 48 hours.<sup>2</sup>

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



Specialized treatment for OCD for all ages uses cognitive behavior therapy (CBT), including effective Exposure and Response Prevention (ERP), and self-help tools within the app.

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



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

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



**vitahealth**

12-week virtual therapy program for individuals experiencing suicidal thoughts, depression, anxiety, PTSD, and more. Help is available within two days.

[VitaHealth.care](https://VitaHealth.care)



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.

### Provider Directory

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

- Go to the Provider Directory and search using your Member ID
- Select "Find a care provider"
- Select "Mental Health/Substance Use Disorder"



## Care Management & Crisis Support

### Behavioral Health Hub

Navigators help you find care at every stage, including support from a crisis-trained team with real-time referrals. Call **503-574-7500** or **800-878-4445 (TTY: 711)** 8 a.m. to 5 p.m. (Pacific Time), Monday – Friday.

### Emergency & Urgent Care Services

- Inpatient and residential care
- Partial hospital care

To learn more, visit [ProvidenceHealthPlan.com/BehavioralHealth](https://ProvidenceHealthPlan.com/BehavioralHealth)

Call or text the **988 Suicide and Crisis Lifeline** for immediate crisis care.

<sup>1</sup> Psychiatrists have the ability to prescribe medication.

<sup>2</sup> Access to Talkspace varies depending on plan type. Call customer service at 503-574-7500 or 800-878-4445 (TTY: 711) to see if your benefits include access to this network.