



P.O. Box 4327
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Member Newsletter
Providence Health Plan

Health For All

We are committed to working alongside the communities we serve, learning about unique healthcare challenges, and creating tangible solutions to make healthcare more equitable and accessible.

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A photograph of a young woman with long dark hair, smiling broadly. A man's hand is resting on her right shoulder, and he is partially visible on the right side of the frame, also smiling. The background is a soft-focus outdoor setting.

Your Summer Guide to Self Care

Explore behavioral health services
and resources that fit your needs

Support for your mental wellness

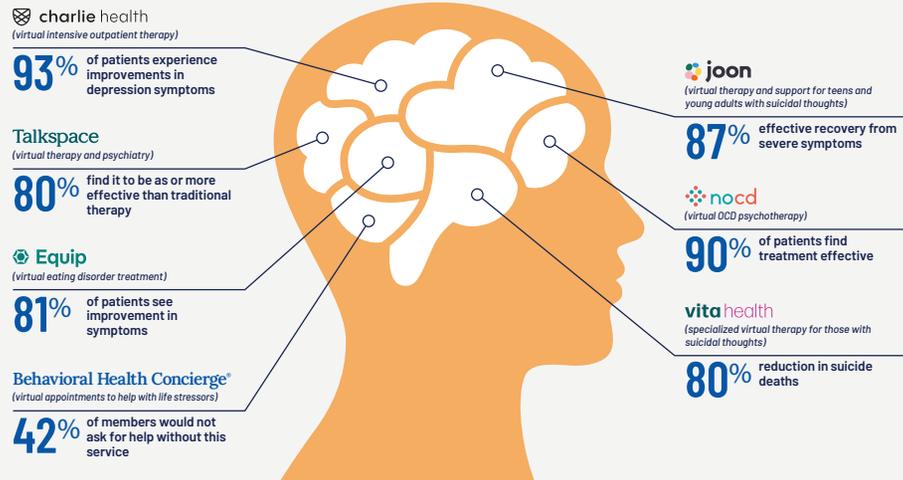
Our Behavioral Health Suite of Services

Mental wellness is critical in today's fast-paced world.

Nearly 1 in 5 U.S. adults face mental illness each year, often without support.

Source: National Alliance on Mental Illness (NAMI)

With Providence Health Plan, you have a suite of behavioral health support and resources, including therapy, counseling, and digital wellness tools designed to meet you where you are.



Expanding access to specialized support with two new telehealth providers:

NOCD

Personalized online therapy for OCD, featuring one-on-one sessions with licensed therapists skilled in Exposure and Response Prevention and Cognitive Behavior Therapy, plus 24/7 in-app support.

Vita Health

Specialized virtual therapy for those who struggle with suicidal thoughts. Therapists will guide you through a 12-week program to learn skills for managing these thoughts and help prevent the need for hospitalization.



Discover more behavioral health providers and resources that fit your needs

Want to learn more about your behavioral health options?

Join licensed Providence social worker, Sarah Pulvere, for a live webinar on July 24!

Explore available services and providers, and find answers about networks and telehealth options. Take advantage of this opportunity to connect directly with our team and learn more.



Join us on July 24
from 12:00 to 12:45 p.m. (Pacific Time).
Sign up today!



The importance of social connections

Investing in your mental health helps you build stronger relationships, be more productive, and live a happier, healthier life. Join us as we discuss how relationships impact our health and happiness with Dr. Luke Dowling, Providence Psychologist.

Visit ProvidenceHealthPlan.com/SocialConnection