

2026 Behavioral Health Suite of Services

Resources for Improved Well-Being

Telehealth / Virtual Care

Behavioral Health Network

Crisis Support

Low Severity

High Severity



Exclusive discounts to help you relax and recharge

- Savings on massage, yoga, meditation, and more
- Available to members and their family

Visit [Providence-CollectiveHealth.LifeBalanceProgram.com](https://www.Providence-CollectiveHealth.LifeBalanceProgram.com) or call 888-754-5433 to register and explore discounts.



24/7 virtual behavioral health care

- Available nationwide
- Connect anytime, anywhere, with licensed doctors and therapists
- Receive care by text, phone, or video chat
- Evidence-based health coaching and CBT skills programs
- Navigation team can refer you to in-person care if needed
- Available in English and Spanish

Visit [Galileo.Health/Providence](https://www.Galileo.Health/Providence) or call 855-462-7943 to get started.

Behavioral Health Concierge

Virtual care with providers

- Available in OR, WA, ID, MT, CA, and TX
- Receive care from behavioral clinicians
- Virtual appointments for all ages within 7 days
- Counseling, advice, and access to self-help resources
- Available 7 a.m. to 8 p.m. (Pacific Time), seven days a week

Visit [Trusana.com/PHP](https://www.Trusana.com/PHP) or call 866-365-9355 to make an appointment.

In-Person & Virtual Provider Services

Care from Providence's trusted behavioral health providers

- Expert support for all ages, locally and nationwide
- Access a network of specialized providers

Find a Provider Near You

1. Log in to your My Collective® account at [ProvidenceHealthPlan-pebb.CollectiveHealth.com](https://www.ProvidenceHealthPlan-pebb.CollectiveHealth.com)
2. Navigate to "Get Care"
3. Search and filter provider listings based on location, specialty, gender, or language

Emergency & Urgent Care Services

Care when you can't wait for an appointment

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

National Suicide & Crisis Lifeline

Call or text 988 if you or someone you know needs immediate help

- Free and confidential support
- Connect with a counselor via 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-pebb.CollectiveHealth.com](https://www.ProvidenceHealthPlan-pebb.CollectiveHealth.com).