





2026 Behavioral Health Suite of Services

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|  Resources for Improved Well-Being |
|  Telehealth/Virtual |
|  Broad Clinical Support |
|  Care Management & Crisis Support |


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

ProvidenceHealthPlan.com/LifeBalance

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

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

Talkspace
Virtual psychotherapy for ages 13+ provides access to therapy and psychiatry¹ through text, call, or video, with help available within 48 hours.
Talkspace.com/PoweredByCollectiveHealth

 **Equip**
Virtual eating disorder treatment using family-based treatment (FBT), matched with a multi-disciplinary team, for ages 6+.
Equip.health
 **charlie health**
Virtual intensive outpatient program (vIOP) for ages 11-30 offers group, family, and individual therapy sessions.
CharlieHealth.com

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[®] at:
ProvidenceHealthPlan-PEBB.CollectiveHealth.com

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

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-PEBB.CollectiveHealth.com.

¹ Psychiatrists have the ability to prescribe medication.