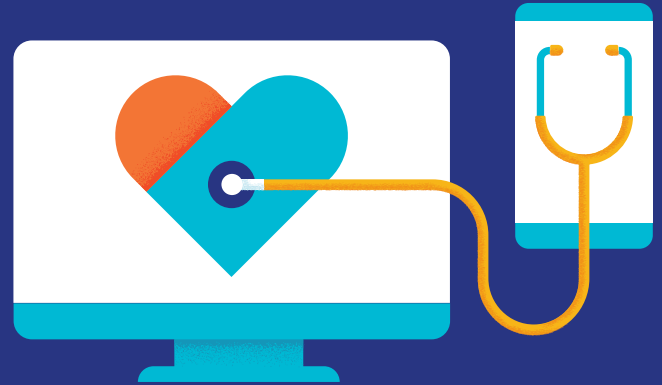




# Behavioral health resources and care — in one place



With [myuhc.com](https://myuhc.com)<sup>®</sup>, your personalized member website, behavioral health support services are available for you and your family to access anytime, anywhere – whether you’re in a time of greater need or may want to work on personal growth. [myuhc.com](https://myuhc.com) is available at no additional cost to you and your family.

## Find the right care for you

Using the provider search tool, you can:

- Locate therapists, psychiatrists or other behavioral health clinicians and facilities near you
- Narrow your search by provider name, location, area of expertise and more
- Schedule an in-person or virtual appointment with the provider you select

## Tap into behavioral health support

See which benefits and programs you may be eligible for at [myuhc.com](https://myuhc.com). Once there, you can also visit your personalized emotional support page to explore the resources and tools that may help you with the ins and outs of everyday life – even if you might not have any pressing concerns.

To find behavioral health care, sign in or register on [myuhc.com](https://myuhc.com), and then go to **Find Care & Costs > Behavioral Health Directory**

### Tools and resources at your fingertips

Learn about a variety of behavioral health and well-being topics at [myuhc.com](https://myuhc.com) > **Health Resources > Mental Health and Substance Use**. You’ll get access to:

- Articles
- Videos
- Podcasts
- Other tools

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This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor’s or professional’s care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

All Oxford members can access a cost estimate online or on the mobile app. None of the cost estimates are intended to be a guarantee of your costs or benefits. Your actual costs may vary. When accessing a cost estimate, please refer to the website or mobile application terms of use under Find Care & Costs section.

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