

Easier access to behavioral healthcare



Our caring team helps you find the right support

If you or a loved one needs help with a mental health or substance use issue, you're not alone. Through your Anthem benefits, you can quickly find expert, compassionate, and confidential care — often at lower or no extra cost. You have access to a wide range of programs and services online, on the phone, in person, or through video — whatever is most convenient for you.

If you have questions about your benefits or need help finding a behavioral health professional or program, call Member Services at the number on your health plan ID card or visit [anthem.com](https://www.anthem.com).



Download Anthem's Sydney Health app or sign up at [anthem.com](https://www.anthem.com).

Scan the QR code using your phone's camera.

For help with...	This program is available	How to access
General behavioral health and severe anxiety, depression, trauma, and substance use.	Aspire365 brings personalized, at-home mental health and substance use treatment to people ages 12 and older over a 12-month period. The program works around your schedule, providing 24/7 clinical support, telehealth and in-person visits, and access to community group sessions.	Aspire365: virtual and in home Visit Find Care at anthem.com . Learn more at aspire-365.com .
Substance use disorders such as opioid and alcohol.	Aware Recovery Care provides long-term substance use treatment, including withdrawal management, medication-assisted treatment, and care and support in the privacy and security of your home.	Aware Recovery Care: virtual Visit Find Care at anthem.com . Learn more at awarerecoverycare.com .
General behavioral health, chronic pain, eating disorders, and substance use disorders such as opioid and alcohol.	Bright Heart Health provides on-demand, virtual treatment (with medication assistance) for those over 18 from a multidisciplinary team of experts to address general and specialized behavioral health conditions.	Bright Heart Health: virtual Visit brighthearthealth.com .
General behavioral health, anxiety, and obsessive-compulsive disorder (OCD) in children and adolescents ages 7 to 22.	InStride Health integrates clinical expertise, coaching, and support into daily life to engage kids and teens every step of the way. The virtual nature of the approach adds flexibility in supporting the needs of busy families, and has been proven to be just as helpful as in-person treatment for those with anxiety and OCD.	InStride Health: virtual Learn more at instride.health .
General mental and behavioral health issues such as depression, relationship management, family conflict, chronic illness, anger management, childhood abuse, mood disorders, trauma, and grief.	Talkspace offers video, text, and phone sessions for individuals, teens, and couples to connect with a licensed therapist through live sessions, ongoing messaging, or both. Specializing in more than 150 behavioral health conditions, treatment approaches, and mental health needs, the program helps individuals process thoughts and feelings, understand motivations, and develop coping strategies.	Talkspace: virtual Visit talkspace.com .