

MENTAL WELLNESS: A JOURNEY

Living your best life means taking care of both your physical and mental health. Millions of people in the United States are affected by behavioral health conditions such as anxiety disorders, addiction, and depression. You are not alone. AmeriHealth Caritas DC is here to help you improve your mental wellness and achieve your goals. Wherever you are in your mental wellness journey, we have services to support you.



USE NATIONAL RESOURCES IF YOU NEED THEM

If you're in **immediate danger** (or know someone who is), the following national resources can offer help right away:

- **Suicide Prevention Lifeline:**
1-800-273-TALK (8255)
or call 988
- **Crisis Text Line:**
Text HOME to 741741



CALL THE ACCESS HELPLINE

Calling the **DC Department of Behavioral Health's Access Helpline at 1-888-793-4357** is the easiest way to get connected to services provided by the Department of Behavioral Health and its certified behavioral health care providers. This telephone line is staffed by behavioral health professionals who can refer you to immediate help or ongoing care 24 hours a day, seven days a week.

LEARN ABOUT SCHOOL-BASED SERVICES

If you (or your child) are a student at a DC public school or public charter school, you can **receive counseling** from a school-based mental health provider. Visit <https://dbh.dc.gov/node/1500291> for information about providers at each school.



JOIN A FITNESS PROGRAM

Exercising regularly can benefit your mental wellness. AmeriHealth Caritas DC offers the Active&Fit® program, which gives you **membership to a participating fitness center** in the District. The program also gives you access to daily workout classes on Facebook Live and YouTube. To learn more or sign up, visit www.activeandfit.com or call **1-877-771-2746 (TTY 771)**.



CALL ENROLLEE SERVICES

If you or someone in your family needs help, call **Enrollee Services at 202-408-4720 or 1-800-408-7511** 24 hours a day, seven days a week. They can help you find a behavioral health care provider and identify the type of provider who best meets your needs. If you have an immediate behavioral health question, reach out to the Nurse Call Line at **1-877-759-6279** or the DC Department of Behavioral Health Hotline at **1-888-793-4357**.



GET EMOTIONAL SUPPORT VIA TEXT

You can get **emotional support by texting** with a coach any time you need it, 24 hours a day, seven days a week. A coach can offer support with challenges big or small, such as anxiety, trouble sleeping, relationship problems, grief, pain, and life transitions. If you are 21 or older, use Headspace Care (formerly Ginger). Download the Headspace Care app in the Apple App Store or via Google Play. Enrollees ages 13 through 20 can text **886-886** and use referral code "AmeriHealth" during enrollment to start texting with a MindRight support coach right away.

FIND SUPPORT FOR ADDICTION AND RECOVERY

We have **peer recovery specialists** who specialize in addiction and can help you find your path to recovery. Call Enrollee Services at **1-800-408-7511** or **TTY 1-800-570-1190**, 24 hours a day, seven days a week, to be connected with a peer recovery specialist or to get help finding the right provider or program.