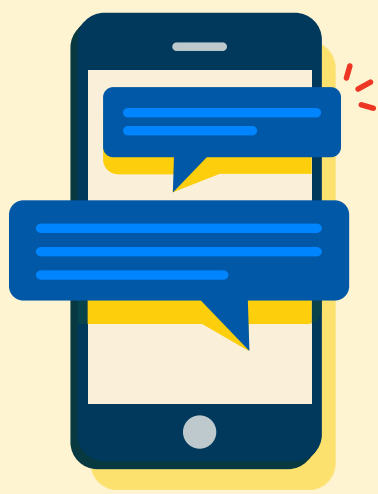


# Emotional Support Right at Your Fingertips



## Enrollees ages 13-20



### Access MindRight

MindRight specializes in emotional support for teens and young adults.

## Enrollees ages 21 and older

### Access Headspace Care

Headspace Care serves adults of all ages.

## A Different Way of Accessing Emotional Support

Everyone can use emotional support at some point in their lives. AmeriHealth Caritas DC offers Headspace Care and MindRight, so you can access this support via text. Get guidance to help you navigate the challenges you face every day from your smartphone, whenever you need it!

AmeriHealth Caritas DC offers Headspace Care and MindRight at no cost to you.\* You have unlimited access to emotional support via text.

## Other Behavioral Health Providers in Our Network

Remember AmeriHealth Caritas DC also covers behavioral health services for Medicaid enrollees and mental health assistance for Alliance enrollees.

### To access behavioral health services, call:

- Enrollee Services at 202-408-4720 or 1-800-408-7511.
- The DC Department of Behavioral Health Hotline at 1-888-793-4357, 24 hours a day, seven days a week.

You can also search our online provider directory at <https://www.amerihealthcaritasdc.com/pdf/member/medicaid/medicaid-behavioral-health-directory.pdf>

\*Standard messaging and data fees may apply.

## Get Started Now



### Access MindRight

Text “**AmeriHealth**” to **886-886** to access MindRight.



### Headspace Care

Download the Headspace Care app, tap “**Get Started**,” then tap “**Verify with name, DOB, zip**.” Follow the instructions sent to your inbox and you’re all set!

### Connect with AmeriHealth Caritas DC on social media.

- Instagram (@amerihealthcaritasdc)
- Facebook (@amerihealthcaritasdc)
- X (<https://twitter.com/AmeriHealthDC>)

## Questions?

Call Enrollee Services at 202-408-4720 or 1-800-408-7511.

AmeriHealth Caritas District of Columbia complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

### English

If you do not speak and/or read English, please call **1-800-408-7511 (TTY 1-800-570-1190)**, available 24 hours a day, seven days a week. A representative will assist you.

### Español

Si no habla y/o lee inglés, llame al **1-800-408-7511 (TTY 1-800-570-1190)**, línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

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### Tiếng Việt

Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi **1-800-408-7511 (TTY 1-800-570-1190)**, 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

### 繁體中文

如果您不會講或讀英文，請致電 **1-800-408-7511 (TTY 1-800-570-1190)**，此電話每天 24 小時，每週 7 天開通。您將得到一位服務代表的協助。

### 한국어

영어를 말하거나 읽지 못하는 경우, 365일 24시간 이용 가능한 **1-800-408-7511 (TTY 1-800-570-1190)**번으로 전화하십시오. 직원이 도와드릴 것입니다.

### Français:

Si vous ne parlez, ni ne lisez anglais, veuillez appeler au numéro **1-800-408-7511 (TTY 1-800-570-1190)**, disponible 24 heures sur 24, 7 jours sur 7. Un représentant pourra vous aider.

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[www.amerihealthcaritasdc.com](http://www.amerihealthcaritasdc.com)

