

# Mental health resources

Helping you and your family

## Everyone needs a hand sometimes

From time to time, everyone needs a little help. If life's challenges have become too much to handle alone, Providence Health Plan provides support and resources. We're here to help you and your family.

## Services to help you

Providence Health Plan partners with PBH, a team of experts in mental health – sometimes called “behavioral health” – that can help with a wide range of personal issues, including:

- Anxiety and depression.
- Chemical dependency (drugs, alcohol or both).
- Domestic violence.
- Counseling for children, adolescents and couples.
- Grief and loss.

## Taking the next step

If you think you or your family would benefit from some of these services, the next step is easy. PBH's highly trained staff will listen sensitively and confidentially to your issues and help determine what resources will help you the most.

This service is available 24 hours a day, seven days a week. The number to call is: **800-711-4577**.