

Mental Health and Addiction Support

Living your best life involves good physical and mental health. Emotional well-being is as important as physical well-being at every stage in life, from adolescence through adulthood. Because every member's mental, physical and emotional well-being is our highest priority, CareFirst BlueCross BlueShield offers valuable resources and programs to help students facing the challenges of mental health, substance use and/or addiction. With a network that includes a majority of the mental health providers in the area, accessing care is simple.

Mental health resources

It's common to face some form of mental health challenge in life, including during college. This can be due to a variety of reasons—many of which are beyond our control.

Students facing mental health difficulties may feel alone, and we want to change that. Treatment and/or therapy is critical to getting better and making progress. Students have access to specialized treatments and programs for:

- Depression
- Drug or alcohol dependence
- Stress
- School-life balance
- Eating disorders

Addiction resources

We can help students struggling with addiction get the appropriate treatment with Intensive Outpatient Programs (IOPs). These programs:

- Provide personalized treatment in an appropriate care setting
- Connect the student with counselors who can help overcome temptations and triggers in daily life
- Educate the student and his/her doctors on causes, identifiers and treatment options

If admitted to an approved IOP, a student may be eligible for a waiver of in-network cost-sharing responsibilities (no copays, coinsurance or deductibles).



One in five American adults has experienced a mental health issue.¹

¹ United States Department of Health and Human Services. Mental Health Myths and Facts. Accessed August 21, 2015 at: <http://www.mentalhealth.gov/basics/myths-facts/index.html>.

