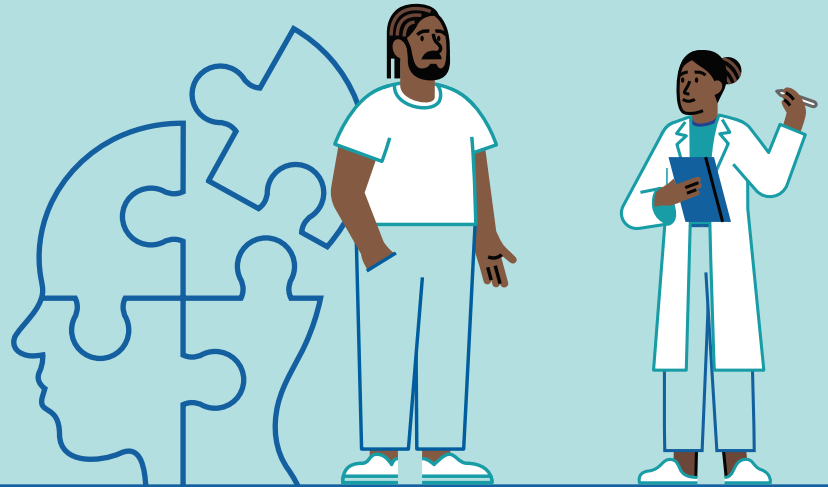


Find support for your mental health



With Mass General Brigham Health Plan, you'll find guidance on your mental health journey and receive access to high-quality behavioral health care

Comprehensive resources and services by Optum

Optum has one of the largest behavioral health networks in the nation. Their Live and Work Well website is also a great place to find answers to common mental health questions and schedule appointments.

- Search for providers who offer treatments including mental health care, outpatient services, day programs, residential programs, autism care and support, substance use and recovery services, and more.
- Browse the Live and Work Well website for articles, self-care tools, providers, and other mental health and substance use disorder resources.

Fast, easy access to mental health support with Lyra

Lyra provides care for your emotional and mental health how, when, and where you need it. We all need a little help from time to time. Whether you're feeling anxious or depressed, experiencing grief, navigating life changes, looking to improve your work or personal relationships, or just want to feel better emotionally—Lyra's got you and your eligible family members covered.

- Get personalized recommendations for the care that's right for you.
- Schedule virtual or in-person appointments online with therapists, health coaches, or others, often within 1-3 days.
- Access support for the whole family, including specialized care for teens and children over two.
- Find on-demand resources, including meditations, videos, and courses to support your personal and professional life.

Get started by visiting
Member.MGBHP.org.

Get help addressing your complex care needs

Our care management program is designed to help members with complex, overlapping care needs manage their physical and behavioral health.

The care management team will develop an appropriate care plan and work with you to address your health challenges, coordinate communication among your providers, and ensure your best health.

Talk with one of our recovery coaches

Substance use recovery isn't something to face alone. Our certified addiction recovery coaches understand the hurt caused by stigma and shame and can thoughtfully act as guides, mentors, and advocates on your journey toward recovery.

To self-refer to our care management program or get in touch with a certified recovery coach, email us at **HealthPlanCareManagement@mgb.org**.

To get full details about your plan, log in to **Member.MGBHP.org**, or call the Customer Service number on the back of your member ID card.

