

Mental Health Resources



Looking for mental health services and don't know where to start?

Review the information below to determine who to contact when you or your family need help.

Available to those enrolled in the Farm Credit Foundations Medical Plan

MDLIVE®

Go to MDLIVE.com/bcbsil

888-676-4204

Text BCBSIL to 635-483

Download the MDLIVE app

Mental Health Virtual Visits

- Psychologists, therapists, psychiatrists
- Assessments, ongoing counseling, prescription management

Cost: \$90* for therapist / \$250* for psychiatrist

(*costs vary based on type of provider, type of visit and length of visit; deductible and/or coinsurance will apply)

Health Advocates



BlueCross BlueShield of Illinois

Go to bcbsil.com/foundations

Toll-free: 877-224-9598

Mental Illness and Substance Abuse

- Substance abuse/behavioral inpatient and outpatient treatment
- Mental health services, including visits with a licensed in-network provider
- Assistance locating a mental health provider

Cost: Deductible and/or coinsurance will apply

My Medical Ally™

mymedicalally.alight.com

888-361-3944

Understand Treatment Options

- Speak to a Nurse Ally (by phone, email, secure text, and/or messaging within the Medical Ally website)
- Receive support and information for: Addiction, ADHD, Anxiety, Bipolar Disorder, Depression, Eating Disorders, and Mental Illness

Cost: \$0 employee cost



Employee Assistance Program

Go to one.telushealth.com

Toll-free: 888-319-7819

Mental Health and Addiction Support

- Unlimited 24 hour telephonic consultations and online chat
- In-Person Sessions: 5 face-to-face/video sessions

Cost: \$0 employee cost



WebMD
Beyond Well Solutions Podcasts

Feeling stressed? This podcast can help. The Beyond Well Solutions Podcast addresses specific stress-related topics, finances, relationships, and more. Listen at webmdhealth.com/healthyreturns.

Suicide Prevention Hotline 1-800-273-TALK (8255)

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress, 24/7.