

# Behavioral Health Resources



Health Care & Benefits Division  
(800) 287-8266

Office of Workforce Wellness  
(406) 444-1345

## SIX FREE COUNSELING SESSIONS - EAP

State employees, dependents, and /or their household members may receive six free and confidential sessions through the Employee Assistance Program which includes personal support in choosing an appropriate counselor. Click [here](#) for more information.

## MEDICAL PLAN BENEFITS

Office visits provided to a State Plan member by an Allegiance participating behavioral health provider are paid at 100% after a \$25 co-payment. To locate participating providers, click [here](#).

In addition to office visits, coverage is available for inpatient and outpatient treatment. View the current Wrap Plan Document, found [here](#), for more information about State Plan benefits.

## PEER SUPPORT GROUPS

Attend up to 10 free and confidential online sessions in a group that suits your needs. There are online support groups for addiction, depression, anxiety, bipolar, frontline workers, and many others.

Click [here](#) for more information.

## UPRISE APP

Free digital health program designed to help you and your household develop resilience, stress management and mental fitness. Watch videos, listen to audio, and complete interactive exercises for the recommended skills determined by your personal preferences. Options for text-based or scheduled televisit clinical coaching through the app.

Click [here](#) for more information.

## WELLNESS PROGRAM

Resources are available to help support a healthy lifestyle, improve health, wellbeing, and quality of life. Assistance is available for disease prevention and management, weight management, prenatal and maternity benefits, health coaching, and the Live Life Well Incentive.

Click [here](#) for more information.

### Employee Assistance Program

(866) 750-0512

eap@mt.gov

myrbh.com, access code "Montana"

24/7 crisis help available

### Allegiance

(855) 999-1057

inquire@askallegiance.com

### Tess – Support Chatbot

24/7 emotional support

Text "Hi" to (650) 825-9634

### Warm Line

*When you are not in crisis, but need someone to talk to*

(877) 688-3377

### Crisis Text Line

Text "MT" to 741741

### MT Suicide Prevention Lifeline

(800) 273-8255

### Resilience Coaching Program

*Individual & group programs*

(406) 444-2466

### Naloxone Training & Medication Access

(406) 444-3936

Ki-ai.mcbride@mt.gov

### Tobacco Quit Line

(800) 784-8669

### Montana Health Center

(855) 200-6822

help.montana@carehere.com