

Behavioral Health Resources



Health Care & Benefits Division

(800) 287-8266

benefitsquestions@mt.gov

Office of Workforce Wellness

eap@mt.gov

COMPSYCH GUIDANCE RESOURCES

The EAP, operated by Compsych Guidance Resources, provides no-cost confidential solutions to life's challenges to all State Plan members and their dependent(s). Provides access to confidential emotional support, work-life solutions, legal guidance, financials resources, and online support.

FREE COUNSELING SESSIONS - EAP

State Plan members and their dependents may receive six free and confidential sessions through the Employee Assistance Program (EAP) which includes personal support in choosing an appropriate counselor.

FREE BEHAVIORAL HEALTH VISITS

The Montana Health Centers, operated by Premise Health, offer no-cost virtual behavioral health appointments to all State Plan members and their dependent(s). Sessions are confidential and available from anywhere in Montana. Learn more at healthcenter.mt.gov/behavioral-health.

MEDICAL PLAN BENEFITS

Office visits provided to a State Plan member by a BCBSMT in-network behavioral health provider are paid at 100% after a \$25 co-payment. Find an in-network provider at bcbsmt.com.

In addition to office visits, coverage is available for inpatient and outpatient treatment. View the State Plan Wrap Plan Document at benefits.mt.gov for more information.

WELLNESS PROGRAM

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

Employee Assistance Program

24/7 Support, Resources, and Information

(844) 216-8709, TTY (800) 697-0353

guidanceresources.com

App: Guidance Now

Web ID: BCBSMTEAP

Montana Health Center

No-Cost Virtual Behavioral Health Visits

(855) 200-6822

mypremisehealth.com

App: MyPremiseHealth

BlueCross BlueShield of Montana

State Plan Medical Benefits

(888) 901-4989, TTY: 711

bcbsmt.com App: BCBSMT

Warm Line

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

(877) 688-3377

Suicide & Crisis Lifeline

Free 24/7 help available

Call 988

Text "MT" to 741-741

Tobacco Quit Line

(800) 784-8669