



# Behavioral Health Resources

## State of Montana Benefit Plan

(800) 287-8266, TTY (406) 444-1421  
[BenefitsQuestions@mt.gov](mailto:BenefitsQuestions@mt.gov)  
[benefits.mt.gov](http://benefits.mt.gov)

## EMPLOYEE ASSISTANCE PROGRAM

The EAP, operated by 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 households 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](http://healthcenter.mt.gov/behavioral-health).

## MEDICAL PLAN BENEFITS

Office visits provided to a State Plan member by a BlueCross BlueShield of Montana in-network behavioral health provider are paid at 100% after a \$25 co-payment.

In addition to office visits, coverage is available for inpatient and outpatient treatment. View the State Plan Wrap Plan Document at [benefits.mt.gov](http://benefits.mt.gov) for more information.

## WELLNESS PROGRAMS

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.

### Employee Assistance Program

*24/7 Support, Resources, and Information*  
(844) 506-5374, TTY 711  
[guidanceresources.com](http://guidanceresources.com)  
App: Guidance Now  
Web ID: MontanaEAP

### Montana Health Center

*No-Cost Virtual Behavioral Health Visits*  
(855) 200-6822, TTY 711  
[mypremisehealth.com](http://mypremisehealth.com)  
App: MyPremiseHealth

### BlueCross BlueShield of Montana

*State Plan Medical Benefits*  
(888) 901-4989, TTY: 711  
[bcbsmt.com](http://bcbsmt.com)  
App: BCBSMT

### Life Life Well Wellness Programs

*State Plan Wellness Programs*  
(800) 287-8266, TTY (406) 444-1421  
[benefits.mt.gov/live-life-well](http://benefits.mt.gov/live-life-well)

### Suicide & Crisis Lifeline

*24/7 Help Available*  
Call 988 or text "MT" to 741-741

### Warm Line

*When You're Not in Crisis, But to Talk*  
(877) 688-3377

### Tobacco Quit Line

(800) 784-8669