



Mental Health Quick Reference



An overview of the mental health benefits and resources available to WHA members.

Behavioral health benefits from Western Health Advantage are managed through our partner, **Magellan Health**. Magellan care managers are skilled experts ready to assess your situation and ensure that you receive the assistance and care needed to help relieve your concern or resolve your problem in a timely way.



Find a Mental Health Provider

Virtual Visits Available
Call Magellan: **800.424.1778**
Search **Provider Directory**



Depression Prevention Programs

Postpartum; After a Medical Admission; Poorly Controlled Diabetes with Cardiac Event



Free 24-Hour Crisis Hotline

Talk with a certified licensed mental health clinician
Call Hotline: **800.327.7451**



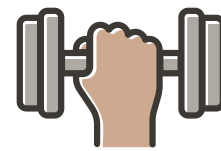
Online Educational Resources

COVID-19 Pandemic;
Suicide Awareness/Prevention;
Children/Teen Depression



Free Virtual Fitness Classes

Stress Reset and MoveLab
Schedule/Registration **Online**
Also on-demand via **YouTube**



Fitness Center Discounts

Get holistic health with **Active&Fit Direct** and other local fitness center partners



Registered Nurse Advice Line

Optum Health's Nurse24
Call Nurse24: **877.793.3655**
Secure Chat **Online**



24/7 Urgent Care

Teladoc Virtual Visits
Call Teladoc: **800.835.2362**
Secure Chat **Online**



Classes & Support Groups

Broad range of health topics through your doctor and WHA's network medical groups

FOR ADDITIONAL INFORMATION | Learn more and download this flyer with live links at mywha.org/bh