



It's Okay to Need Help

Take care of your mental health to cope after a traumatic event.

When unthinkable acts of violence strike close to home, the scope of the tragedy can be impossible to process. Normal coping mechanisms may not be enough.

Care from a mental health expert can help you manage your emotions and deal with traumatic events.

Mental health is just as important as physical health.

For information on your health care benefits, call the number on your member ID card. We're here to help.

Your journey is one-of-a-kind.

Seeking help is the first step to getting better.

Find a provider who can help get you where you want to be.

- 1. Go to [bcbsok.com](https://www.bcbsok.com).**
- 2. Then, click **Find Care**.**

The Behavioral Health program is available only to those members whose health plans include behavioral health benefits through Blue Cross and Blue Shield of Oklahoma. Check your benefit booklet, ask your group administrator or call the Customer Service number on the back of your member ID card to verify that you have these services. Member communications and information from the program are not meant to replace the advice of health care professionals. Members are encouraged to seek the advice of their doctors or behavioral health specialist to discuss their health care needs. Decisions regarding course and place of treatment remain with the member and his or her health care providers.