

BEHAVIORAL HEALTH advocates



FINDING APPROPRIATE ASSISTANCE for a mental health problem can be stressful and confusing. At SelectHealth, we help you locate a mental health provider who meets your needs. At the same time, we ensure that you know how to use and maximize your mental health benefit before your appointment.

Behavioral Health Advocates is a unique team of service representatives devoted to helping members with access and benefit concerns related to mental health. Behavioral Health Advocates can identify available, appropriate providers on your panel, schedule appointments, and answer benefit-related questions.

In order to refer you to the appropriate provider, a Behavioral Health Advocate may discuss the following topics. All discussions are strictly confidential.

- > Depression
- > Psychological testing
- > Anxiety
- > Counseling
- > Substance abuse
- > Medication

To speak with a Behavioral Health Advocate, call 801-442-1989 (Salt Lake area) or 800-876-1989 weekdays, from 7:00 a.m. to 6:00 p.m.



All inquiries are confidential. Many plans have gateway referral requirements.