

MENTAL WELLNESS: A JOURNEY

Living your best life means taking care of both your physical and mental health. Millions of people in the United States are affected by behavioral health conditions such as anxiety disorders, addiction, and depression. You are not alone. AmeriHealth Caritas DC is here to help you improve your mental wellness and achieve your goals. Wherever you are in your mental wellness journey, we have services to support you.



USE NATIONAL RESOURCES IF YOU NEED THEM

If you're in **immediate danger** (or know someone who is), the following national resources can offer help right away:

- **Suicide Prevention Lifeline:**
1-800-273-TALK (8255)
or call 988
- **Crisis Text Line:**
Text HOME to 741741



COMMUNITY-BASED PROVIDERS

The **Department of Behavioral Health** ensures that high quality behavioral health services are available to all DC residents. Providers are located across the city, and you can choose the one that best serves your needs. Visit <https://dbh.dc.gov/page/list-community-based-service-providers>.

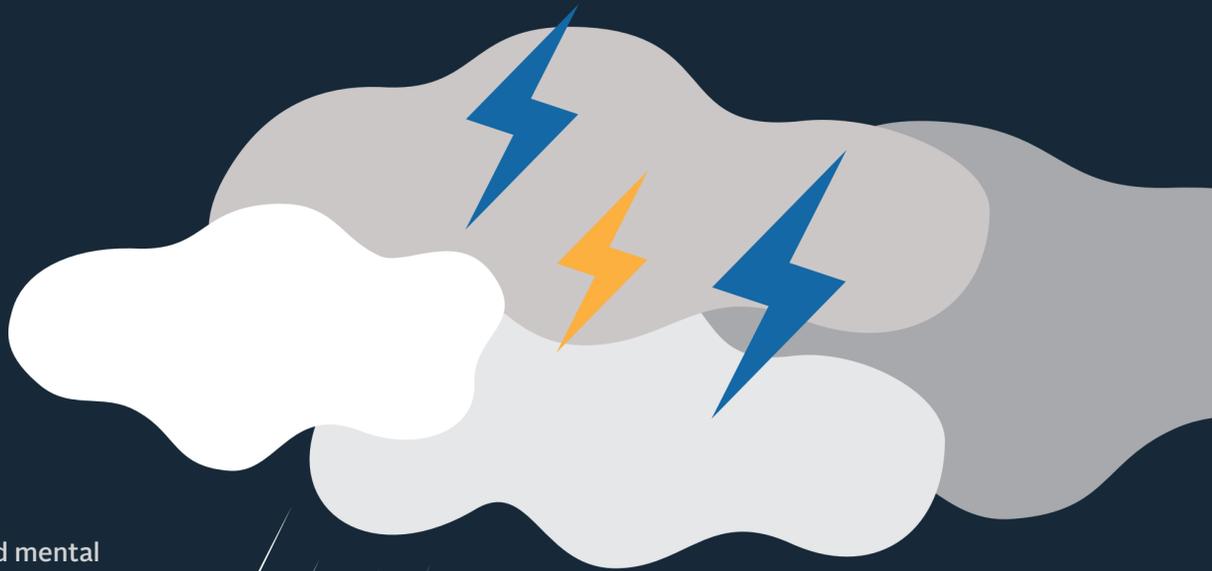
LEARN ABOUT SCHOOL-BASED SERVICES

If you (or your child) are a student at a DC public school or public charter school, you can **receive counseling** from a school-based mental health provider. Visit <https://dbh.dc.gov/node/1500291> for information about providers at each school.



JOIN A FITNESS PROGRAM

Exercising regularly can benefit your mental wellness. AmeriHealth Caritas DC offers **weekly fitness classes** at the Enrollee Wellness and Opportunity Center. View the monthly events calendar for more details.



CALL ENROLLEE SERVICES

If you or someone in your family needs help, call **Enrollee Services at 202-408-4720 or 1-800-408-7511** 24 hours a day, seven days a week. They can help you find a behavioral health care provider and identify the type of provider who best meets your needs. If you have an immediate behavioral health question, reach out to the Nurse Call Line at **1-877-759-6279** or the DC Department of Behavioral Health Hotline at **1-888-793-4357**.



GET EMOTIONAL SUPPORT VIA TEXT

Enrollees ages 13 and older can use Headspace to access hundreds of guided meditation and mindfulness exercises, or chat with an emotional support coach anytime via text. Visit <http://work.headspace.com/amerihealth/member-enroll> to get started.

FIND SUPPORT FOR ADDICTION AND RECOVERY

We have **peer recovery specialists** who specialize in addiction and can help you find your path to recovery. Call Enrollee Services at **1-800-408-7511** or TTY **1-800-570-1190**, 24 hours a day, seven days a week, to be connected with a peer recovery specialist or to get help finding the right provider or program.

