

# Your Mental Health and Substance Use Disorder Benefits

At Sutter Health Plan, we believe caring for your mental health is as important as your physical health. As a member, you have coverage for mental health and substance use disorder services through Carelon Behavioral Health of California, Inc. You can self-refer for in-network office or telehealth visits. To find a provider, visit [carelonbh.com/sutterhealthplan](http://carelonbh.com/sutterhealthplan).

## Carelon offers confidential support for:

- ✓ Depression, stress and anxiety
- ✓ Substance use disorder
- ✓ Referrals for therapy
- ✓ Mental health crisis

## Telehealth

Connect with a Carelon provider through online chat, phone or video for:

- **Faster appointments:** See a provider sooner, often within 24 hours.
- **More options:** Choose from a wider range of providers outside your city or state.
- **Convenience:** Get care wherever you are, at a time that works for you.

## Access Resources Anytime

Carelon's website, [carelonbh.com/sutterhealthplan](http://carelonbh.com/sutterhealthplan), provides 24/7 access to tools and information to support your wellbeing, including:

- **Content Library:** Search more than 200 topics related to mental health and wellness.
- **Find Providers:** Locate Carelon providers and facilities for in-person or telehealth appointments.
- **Manage Benefits:** Sign up for the Carelon member portal to view covered services and costs, track spending toward your deductible and out-of-pocket maximum and more.
- **Clinical Referral Line:** Get help finding an in-network provider who meets your needs and accepts new patients. Call **844-398-0314** for more information.

## In an Emergency

You can call 9-8-8, the U.S. national suicide prevention and mental health crisis hotline to assist anyone experiencing a behavioral health crisis. If you or a family member are experiencing an emergency and are in immediate, life-threatening danger, call 9-1-1 for help.



Customer Service **855-315-5800**  
Visit **sutterhealthplan.org**