

Buckeye
is here to *help.*



Whether you are experiencing a mental health crisis, need to change your behavior to manage a chronic condition, or are experiencing other mental health conditions, Buckeye can help.

Our caring behavioral health experts come alongside you to provide the timely, personal services and treatment you need – when, where and how you need it. We are committed to being your guide to better health.

Buckeye's Behavioral Health Services Include:

- Care Managers who partner with you and your doctors to coordinate care
- A large network of doctors, hospitals, mental and substance abuse programs
- Access to treatment facilities and services, including hospitalization
- Assistance with questions and concerns involving behavioral health

Buckeye Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Buckeye Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-866-246-4358 (TTY: 711).

ATENCION: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-246-4358 (TTY: 711).

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-866-246-4358 (TTY: 711)。



Contact Buckeye to learn more
about Behavioral Health Services.



1-866-246-4358 ■ TDD.TTY 1-800-750-0750
BuckeyeHealthPlan.com

BEHAVIORAL HEALTH SERVICES

CARE
FOR YOUR
WELL-BEING



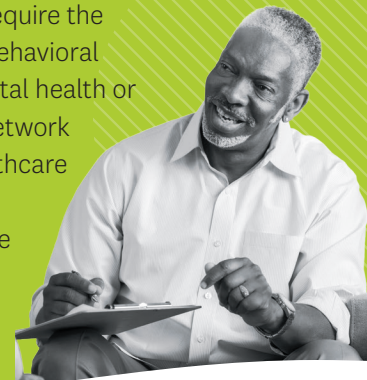
Life-Changing
Help from
Buckeye
Health Plan



Life-Changing Care for
Your Well-being.

Buckeye Health Plan provides “whole person” care to every one of our members. This means we can help you live your healthiest life by addressing physical, mental, emotional and social issues with quality healthcare services and support 24 hours a day, 7 days a week.

Your well-being may require the care of specialists in behavioral health, addiction, mental health or physical health. Our network of physicians and healthcare facilities ensures you get the right care at the right time.



Challenges such as **anxiety, depression** and **substance abuse** may not be evident to others. Many times, members are hesitant to seek help until they reach a crisis in their lives. We can come alongside you at any point to give you the care and services you need.

How do I know if I need behavioral health services?



In the U.S., **1 in 5 adults** experience mental illness each year.†

If your behavior is causing your physical health to suffer and you can't make positive long-lasting changes on your own, it's time to get help.

Excessive eating, drinking, drug use, and smoking are a few examples of behaviors that can lead to serious physical problems such as addiction, diabetes or cardiac conditions. The way you feel, think, act and react can have a physical impact on your life. Depression and anxiety can lead to sleeplessness, high cholesterol levels, increased risk of stroke or heart attack, and other major health concerns, even self-injury or suicide.

Treatment Options

Your healthcare expert will work with you to set realistic goals for yourself as part of a care plan. Your care may also include:

- Medicine
- Counseling
- Therapies



WATCH FOR THESE SIGNS

- Changes in mood such as an increase in anger or sudden crying
- Missing too much work or school
- Changes in appetite or sleep pattern
- Difficulty focusing
- Avoiding friends or social activities



Finding the right care for your needs.

Behavioral health experts work with you to identify your concerns and help you find the right provider to meet your needs. We can connect you with a network of behavioral health professionals who can provide therapies, counseling and treatment to help you live a healthier life. We will support you on every step of your journey – going to doctor visits, developing your care plan and following up with reminders to help you stay on track.

Buckeye will ensure coordination of care with a variety of support services.

- **Medical Doctor:** Can treat you or refer you to a specialist
- **Psychiatrist:** Medical doctor with special training in treating mental and behavioral health concerns and can prescribe medications.
- **Therapist:** Psychologists, Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW), Licensed Marriage and Family Therapists (LMFT) can provide psychotherapy and/or mental health testing but cannot prescribe medicine.
- **Nurse Practitioner:** Can be experts in mental health concerns and can prescribe medicine.



Buckeye is your advocate.

We encourage you to be actively involved in your treatment. You can help your doctor provide you with the best possible care by talking openly and honestly about your feelings, your situation, and your history. You can also help by tracking and reporting how your medications are affecting your moods, thinking and physical health.