

Online resources for mental health information

Due to social distancing requirements brought on by the COVID-19 pandemic, some members who attend in-person therapy or meetings for mental health, substance use and domestic violence support are unable to access their normal support system. We have assembled a list of online resources to help members who may be in need of support.

Bright heart health — Online service that provides expert care for Opioid Use Disorder, Substance Abuse, Eating Disorders and Chronic Pain <http://www.brighthearthealth.com/contact-us>

LiveHealth Online — Meet with a therapist or psychiatrist online (includes ability to get medication if appropriate)
<https://livehealthonline.com>

Substance Abuse and Mental Health Services Administration (SAMHSA) — National Helpline – **1-800-662-HELP (4357)** SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
<https://www.samhsa.gov/find-help/national-helpline>

Alcoholics Anonymous — Online meetings <http://aa-intergroup.org>

Narcotics Anonymous — Online meetings <https://www.narcotics.com/narcotics-anonymous/narcotics-anonymous-online-meetings>

Al-Anon — A mutual support group of peers who share their experience in applying the Al-Anon principles to problems related to the effects of a problem drinker in their lives <https://al-anon.org/al-anon-meetings>

Alateen — A peer support group for teens who are struggling with the effects of someone else’s problem drinking <https://al-anon.org/al-anon-meetings>

National Eating Disorders (NEDA) — The largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders
<https://www.nationaleatingdisorders.org/help-support/support-groups-research-studies>

National Domestic Violence Hotline — **1-800-799-7233**
<https://www.thehotline.org/help>

* LiveHealth Online is an independent company providing telehealth services on behalf of Anthem Blue Cross.

<https://mediproviders.anthem.com/ca>

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