

How are you feeling?



At BSWH we value your whole health and well-being—including your mental well-being.

Most likely you or someone in your life are feeling the stress and strain of life and are working hard to hide it. That can be exhausting. Behavioral health treatment can help you live a healthier and happier life and can help you cope with stressors in a manageable way.

As the flight attendant points out before take-off: You can't take care of others if you don't take care of yourself first.

When you need support, you and your family have options. The chart on the next page can help you determine which one(s) are right for you and your situation.

Need to talk?

What type of behavioral health care do you need?	If you are a...	Your options include:	How to access	Cost to you
I'm not sure...	BSWH employee or family member	Primary Care Physician	Contact your PCP	PCP Copay
	BSWH Employee Plan member age 18+	eVisit	MyBSWHealth member portal	No cost
	BSWH employee or family member	Employee Assistance Program (EAP)	Call 877.622.4327	No cost
Work and life are challenging. I'd like to talk to a peer who understands what I'm going through	BSWH employee	Peer Support	Call 888.674.7337	No cost
I would like spiritual support and encouragement	BSWH employee	Spiritual Care Hotline	Call 254.724.1575 Mon-Fri (7am-7pm)	No cost
I would like on-line wellness tools, screenings, or other behavioral health resources that I can access on my own at any time of day or night	BSWH employee or family member	EAP	Call 877.622.4327	No cost
		Headspace	Headspace Baylor Scott & White Health (BSWHealth.com)	No cost
I would like to talk to a therapist in person/virtually	BSWH employee or family member	EAP	Call 877.622.4327	No cost
	BSWH Employee Plan member	Collaborative Care	Request from PCP in a BSWH Clinic	PCP copay
		In-network provider	<ul style="list-style-type: none"> MyBSWHealth member portal Provider search tool BSWHealth-Plan.com/BSWH 	
I need help finding a therapist or an MD	BSWH Employee Plan member	Collaborative Care	Request from PCP in a BSWH Clinic	PCP copay
	BSWH Employee Plan EQA/SEQA member	HealthAccess	Call 844.279.5467	No cost
I am experiencing a crisis and need help right now	Anyone	Crisis Hotline	Call 988	No cost