

Call us when you need behavioral health support

We can quickly connect you with the care you need.



Need help finding behavioral health care? We are here to support you and help you get an appointment quickly.

Call our team for help finding care

Call our Behavioral Health Care Navigation team at [1-800-688-1911](tel:1-800-688-1911). Our team provides personalized guidance to make finding care simple. They can:



Match you with an in-network provider



Schedule an appointment for you (in-person or virtual)



Identify urgent or escalating conditions



Provide in-the-moment support for tough times or crisis

Get high-quality care fast

You have access to a robust, high-quality, and culturally responsive behavioral health network, including psychiatric providers and therapists.

A subset of these providers — called our Connect to Care network — is committed to getting our members into care fast. Visit ibx.com/bhcare to see all Connect to Care providers, or call us at [1-800-688-1911](tel:1-800-688-1911) and we can directly schedule an appointment for you with a provider that meets your needs.

For emotional distress or suicidal thoughts, call or text the Suicide & Crisis Lifeline at 988 to connect with a counselor 24/7.

Call 1-800-688-1911

We can help you find in-network care and get an appointment in less than 7 days.

Our Connect to Care network:



12,000+ appointments per month reserved for IBX members



In-person and virtual appointments available



For general mental health, substance use disorder, OCD, eating disorders, and more



Providers available for all ages: Children, adolescents, and adults

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