

Seeking mental health support but not sure where to start?

We can help.



Our **Behavioral Health Champions** and **Self-Guided Assessment** offer two ways to help you find care that helps you feel your best. Whether you prefer personal guidance or the privacy of taking a self-assessment, we make it easy to find the mental health care and support that's right for you.

Our **Behavioral Health Champions** are ready to bring all the support, tools and resources for mental wellness directly to you.

Find a local mental health professional that's right for you



Get the care and support you need quickly and easily



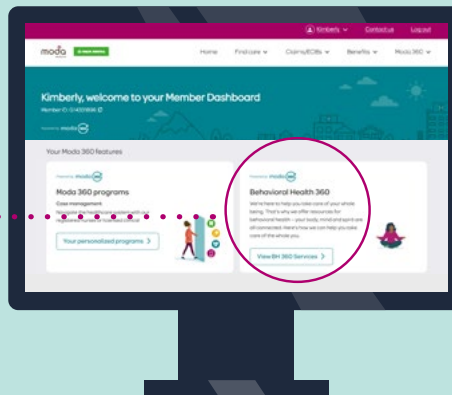
Verify provider availability to make it easy for you to book appointments



They'll also follow up with you to make sure you have what you need and are getting care that works for you

Go to the **Behavioral Health 360** section in your [Member Dashboard](#) to:

- Connect with a Behavioral Health Champion
- Complete a Self-Guided Assessment



Get started today by using the best option for **YOU**



Scan the QR code to log into your [Member Dashboard](#), then click **Behavioral Health 360**.

Don't have an account?

Creating one is easy at modahealth.com/memberdashboard

Complete a Self-Guided Assessment

Our Self-Guided Assessment walks you through a series of questions that recommends personalized resources to fit your needs.

Connect with a Behavioral Health Champion

- Call 833-212-5027
- Email bhchampions@modahealth.com
- Log into your [Member Dashboard](#)

Specialized Behavioral Health partners

The Behavioral Health 360 program can help you find the right support, tools and resources when you need them. We've partnered with specialized behavioral health experts to ensure you find the care for your health needs.



Personalized mental health care



Resources and tools for children with developmental disorders



Teletherapy for anyone – anywhere and anytime



Self-guided 12-week mental healthcare solution for depression and anxiety.



Hazelden Betty Ford Foundation

Substance use disorder resources and treatment

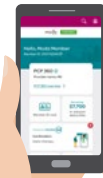


Moda 360 app

Connect to care – wherever you are. Scan the QR code below to download the Moda 360 app on your smartphone.



Download on the App Store



GET IT ON Google Play