

Know your behavioral health options



When you or someone you care about needs behavioral health support—for anxiety, depression, eating disorders, substance use or other concerns—we're here to help. Visit [regence.com](https://www.regence.com) to search for in-network providers. (Services vary by plan.)

Help is available. No referral is needed.

Thoughts of suicide? Call 988—National Suicide and Crisis Lifeline—available 24/7.

In-person care

Go to [regence.com](https://www.regence.com) to find a doctor and look for these in-network options:

- Private practitioners with a variety of expertise, such as psychiatrists, psychologists, social workers, licensed counselors and more
- Inpatient care
- Outpatient programs

Substance use disorder

- **Boulder Care** for virtual outpatient treatment: [boulder.care](https://www.boulder.care)
- **Eleanor Health** for virtual treatment: [eleanorhealth.com](https://www.eleanorhealth.com)
- **Hazelden Betty Ford** for inpatient and outpatient services. Virtual care is also available: [hazeldenbettyford.org](https://www.hazeldenbettyford.org)

Provider matching

- **Grow Therapy** offers in-network licensed therapists for virtual or in-person therapy and medication management for members age 6 and older. Select a provider based on your location and schedule online, often within 48 hours: [growtherapy.com](https://www.growtherapy.com)
- **Headway** offers thousands of in-network therapists across diverse races, genders, ethnicities and specialties for members age 1 and older. Schedule within 48 hours via one-click, online booking: [headway.co](https://www.headway.co)
- **Rula** offers in-network access to 15,000+ therapists for virtual visits for members age 5 and older. Select a provider based on your needs and schedule online, often within 48 hours: [rula.com/regence](https://www.rula.com/regence)

Virtual care

- **Bend Health** has specialized pediatric and young adult behavioral health programs for members ages 1 to 25, offering rapid access times and nationwide provider availability: [bendhealth.com](https://www.bendhealth.com)
- **Charlie Health** offers virtual mental health care for members age 8 to 64, specializing in intensive outpatient programs for members who need extra support: [charliehealth.com](https://www.charliehealth.com)
- **Equip** offers holistic support for eating disorders through virtual family-based treatment (FBT). A five-person care team includes a therapist, family member, peer mentor, medical provider and dietitian. For members of all ages, as well as their families: [equip.health](https://www.equip.health)
- **Meru Health** provides a 12-week virtual therapy program with licensed therapists for anxiety, depression and life transitions. For ages 13 and up: [meru.us/rpnw](https://www.meru.us/rpnw)
- **Meru Health Advanced** offers 6-to-12-month care for complex, treatment-resistant mental health conditions. For ages 18 and up: [meru.us/rpnw-advanced](https://www.meru.us/rpnw-advanced)
- **NOCD** provides online therapy for people with OCD and related disorders through live video sessions with a licensed, specialized therapist. For age 5 and up: [nocd.com](https://www.nocd.com)
- **Talkspace** offers convenient access to therapy for individuals and teens age 13 and up, as well as psychiatry and medication management for those 18 and older. Licensed providers can address a range of mental health needs, from everyday stress to diagnosed conditions: [talkspace.com](https://www.talkspace.com)



Customer Service is here for you

Need more help finding the right care? Our compassionate team is ready to help. Just give us a call at the number on the back of your member ID card.

Employee Assistance Program (EAP)

Ask your HR team if your plan includes EAP. Get a range of no-cost services to support your mental health, emotional well-being and life-balance needs.



Regence BlueShield serves select counties in the state of Washington and is an Independent Licensee of the Blue Cross and Blue Shield Association

Resource information is current as of March 2026.

Boulder Care is a separate company that provides substance abuse and addiction treatment services. Charlie Health is a separate company that provides telehealth services. Equip is a separate company that provides virtual eating disorder services. Talkspace is a separate company that provides mental health telehealth services. NOCD is a separate company that provides OCD treatment services. Rula is a separate company that provides behavioral health telehealth services. Headway is a separate company that provides behavioral health services. Bend Health and Meru Health are separate companies that provide mental health services. Eleanor Health is a separate company that provides telehealth services. Grow Therapy is a separate company that provides telehealth services.

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