

# Your Behavioral Health Services



As a member of Florida Blue, your health insurance plan includes behavioral health benefits. These include mental health services, substance use treatment and more. Since 2011 New Directions Behavioral Health® has managed behavioral health services for Florida Blue. If you have questions about your benefits or want more information simply call us or visit [ndbh.com](http://ndbh.com).

## What You Can Expect

We can help you in a number of ways - through our customer service line, website or programs:

- Find the right doctors and treatment facilities for your unique needs
- Confirm provider participation in your health plan network
- Give you information about people and groups in your community that can help you
- Assist you, your doctors and your insurance company to work together toward your goals
- Inform you about topics such as depression, anxiety, substance use disorder, autism spectrum disorder and bipolar disorder
- Offer coaching and support services through our Care Management program

Help is just a phone call away. We are ready to take your call 24 hours a day, 7 days a week toll-free at 1-866-287-9569. Licensed clinicians are available, when appropriate. You can also view our website at [www.ndbh.com](http://www.ndbh.com) for articles, videos, guidebooks and more.

We focus on finding you the right care at the right time.  
Our goal is to help you lead a healthier life long-term.

