

# Mental Health Resource Guide

Mental health is part of your overall well-being. Anthem offers a variety of resources to provide specialized care when you need it most. The following provider networks can be accessed through the Sydney app or by calling your Anthem Family Advocate at 833-831-0085.

## WHAT KIND OF SUPPORT ARE YOU SEEKING?

### General Behavioral Health & Medication Management



**Headway** offers an easy-to-use on-line scheduling platform, new-patient appointments are generally available within 5 days.



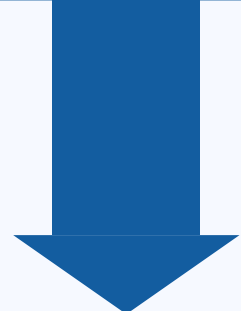
Psychiatric care, couples and family therapy, age 5+



**Rula** offers virtual therapy for a variety of needs through their easy-to-use online scheduling platform.



Severe anxiety, depression, trauma and substance abuse, age 13+



**Aspire 365** providers are available 24/7 with clinical support, including in-office, in-home and virtual visits along with access to community group sessions.



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