

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)

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.

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. Grow Therapy is a separate company that provides telehealth services.

