



MCSIG Mental Health Options

Click on the titles to visit a website	BLUE SHIELD	BRIGHTLINE Behavioral Health Support for Families	HEADSPACE CARE On demand mental health support 24/7	METLIFE	Mood Health
MCSIG Plans	All PPO Plans (PPO Select in-network only)	All PPO Plans	All PPO Plans	All PPO Plans	All PPO Plans
Online	Blueshield.com	hellobrightline.com/MCSIG-join	wellvolution.com/mentalhealth	Metlifeeap.lifeworks.com username: metlifeeap password: eap	https://moodhealth.com/pages/welcome-svmc
Phone	(831) 755-8055	(888) 224-7332	Member must register above to access Ginger	(888) 319-7819	(619) 639-9738
Copay	Plan Copay	Plan Copay	No charge for behavioral health coaching	No Copay	Please contact Blue Shield for cost according to plan
Ages	varies	18 months to 17	18+	ages 5+	18+
Licensed Counselors	Varies by provider	Telehealth	Video therapy & Psychiatry (co-pay applies)	In-person & Telehealth: 5 visits per issue, per year	Online Therapy & Psychiatry
Psychiatrists	Age varies by provider	Yes	Yes	No	Yes



MENTAL HEALTH CRISIS LINE: DIAL 9-8-8

More than 1 in 5 adults in the U.S. live with a mental illness.

- National Institute of Mental Health, 2021



The above information is not intended to diagnose or treat any mental illness and cannot take the place of seeing a medical professional. If you think that you are anxious or depressed, the best thing you can do is to seek help from a medical professional as soon as possible.

Contact MCSIG Customer Service at 831-755-8055

MENTAL HEALTH MATTERS

"TIPS TO BOOST YOUR MENTAL HEALTH"

Chronic stress can cause or worsen serious health problems such as anxiety and depression. Here are a few ideas to help *improve your mental health*:

1. **Get active!** Exercise releases feel-good endorphins and other natural brain chemicals to improve your overall mood and can also improve sleep. Any movement is better than none.
2. **Spend time with people you trust:** Family and friends who you maintain a positive relationship with can provide emotional support. Stay connected and remember that you are not alone.
3. **Set goals and prioritize:** Create a reasonable daily to-do list and break large projects into smaller tasks. Depression and anxiety can make daily tasks feel very overwhelming. Focus on what you can accomplish instead!
4. **Avoid using drugs and alcohol:** Alcohol and drugs can worsen anxiety and depression. If you are dealing with addiction, the idea of quitting can make you anxious. Speak with your healthcare provider or find a support group to help you.
5. **Practice mindfulness:** Sit quietly and focus on your natural breathing or repeat a word or mantra. Observe your thoughts and feelings without judgement and maintain focus on your breath or mantra.
6. **Do Breathwork:** Breathing techniques help you calm your mind and body. Practice a breathing technique daily, when you feel anxious, or before bed for more restful sleep. Deep, slow breathing can also reduce blood pressure and heart rate.
7. **Try therapy:** If your daily life is being affected by feelings of anxiety, sadness, hopelessness, or irritability, talk to a professional. Access all MCSIG benefits via the [Transcarent app](#). Health guides are available 24/7 to assist MCSIG members.



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