



Mental health support, how and when you need it most

If you are feeling depressed, anxious, overwhelmed, notice an increase in substance abuse, or are looking for a little extra support, CDPHP® can help.

- ▶ Connect with mental health providers, including those who are offering appointments by phone or video
- ▶ Access crisis support services
- ▶ Receive personal assistance from a member of the CDPHP Care Team to navigate treatment options and resources

CDPHP members have access to a no-cost smartphone app that lets you chat with the CDPHP Care Team and receive reminders and information about your condition and care.

**To learn more, call 1-888-320-9584,
Monday through Friday, 8 a.m. to 6 p.m.**

**Help is available 24 hours a day, seven days a week.
If you need crisis support nights, weekends,
or on holidays, call 1-855-293-0785.**



Discrimination is Against the Law

Capital District Physicians' Health Plan, Inc. (CDPHP®) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Multi-language Interpreter Services

ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。