

Are Life Changes Causing You Stress?

We all experience change every day. Unfortunately, we experience stress whether a change is considered bad (the ending of a relationship) or good (a job promotion). If you aren't able to minimize stress brought on by major changes, you can be at risk for mental and physical health problems.

Take Care of You!

- Change can create stress and related physical effects such as headaches, trouble sleeping and depression. If you stay healthy, you'll be better equipped to manage change.
- Be sure to eat a balanced diet, exercise regularly, and get enough sleep. When at rest, your brain helps you process new experiences and challenges.
- Since change and stress go hand in hand, practice relaxation techniques such as meditation or yoga.

Get the Help You Need

If you are a HealthSelect participant, your mental health benefits include coverage for inpatient treatment, outpatient treatment and office visits. HealthSelect of Texas participants do not need a referral for any mental health services. However, some services, such as inpatient treatment or intensive outpatient hospital treatment, require a prior authorization before the plan will cover them.

To learn more about your benefits, go to www.healthselectoftexas.com or call a Blue Cross and Blue Shield of Texas Personal Health Assistant toll-free at **(800) 252-8039**, Monday–Friday, 7 a.m. – 7 p.m. and Saturday, 7 a.m. – 3 p.m. central time. If you are enrolled in HealthSelect of Texas or Consumer Directed HealthSelect, you may be transferred to Magellan Healthcare.¹

24/7 HealthSelect Mental Health Support Line: To talk with a counselor about mental health or substance use issues, call **(800) 442-4093** anytime.

National Suicide Prevention Lifeline: People in crisis who need immediate support or intervention can contact this free, confidential line at **(800) 273-8255**. Trained crisis workers are available to talk 24 hours a day, 7 days a week.

If the situation is life-threatening, call 911 or go to a hospital emergency room.