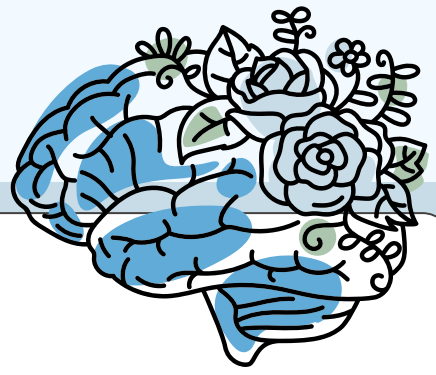


Local Gov Health + Wellness

MENTAL HEALTH BENEFITS



988 Suicide & Crisis Lifeline

Text, call, or chat 988.

988 offers 24/7 judgment-free support for mental health, substance use, + more.



Office Visit Copays

- Licensed Professional Counselor (LPC)** - \$20 copay per visit
- Psychiatric Nurse Practitioner** - \$20 copay per visit
- Psychologist/Psychiatrist** - \$50 copay per visit



Types of Mental Health Providers

- **Licensed Professional Counselor (LPC)** - A Licensed Professional Counselor has a Master's degree in psychology, counseling, or a related field. They are able to make a diagnosis and provide individual or group counseling.
- **Psychiatric Nurse Practitioner** - A Psychiatric Nurse Practitioner is an advanced practice registered nurse. They are qualified to make a diagnosis and can prescribe medication.
- **Psychologist** - A psychologist is a professional with a doctoral degree in psychology. They are able to make a diagnosis and provide individual or group counseling.
- **Psychiatrist** - A psychiatrist is a medical doctor that is trained in the diagnosis and treatment of mental and emotional illnesses. They are qualified to make a diagnosis and can prescribe medication.



Mental Health & Substance Abuse Benefits

Our Plan is designed to provide the following mental health and substance abuse benefits:

- Outpatient Care
 - Individual Therapy/Counseling
 - Family Therapy/Counseling
- Emergency Services
- Inpatient, Outpatient, and Partial Hospitalization Services
- Alcohol and Drug Abuse Counseling



Doctor on Demand



Doctor on Demand is a virtual healthcare provider that can provide mental health services by phone or video (by appointment only). Doctor on Demand utilizes U.S. board-certified doctors and therapists across the country. Mental health visits with Doctor on Demand are **FREE** under our plan.

Receive care for issues such as:

- Anxiety
- Borderline personality disorder
- Bipolar disorder
- Depression
- Post Traumatic Stress Disorder
- Obsessive compulsive disorder
- Stress
- Postpartum
- Grief & loss
- Cognitive behavioral therapy
- Behavioral therapy
- Marriage counseling

Local Gov Mental Health Benefits	In-Network
Inpatient	Covered at 100% Subject to \$200 deductible per admission \$50 per day copay for days 2-5 per admission
Outpatient (Network Providers)	Covered at 100% Subject to medical provider copay
Outpatient (Approved LGHIP Facilities)	Covered at 100% with no copay or deductible
Eating Disorders (Residential Treatment Facilities)	Covered at 100% Subject to \$200 deductible per admission \$50 per day copay for days 2-5 per admission
Intensive Outpatient Services & Partial Hospitalization for Mental Health Disorders	Covered at 100% Subject to \$100 copay per treatment episode

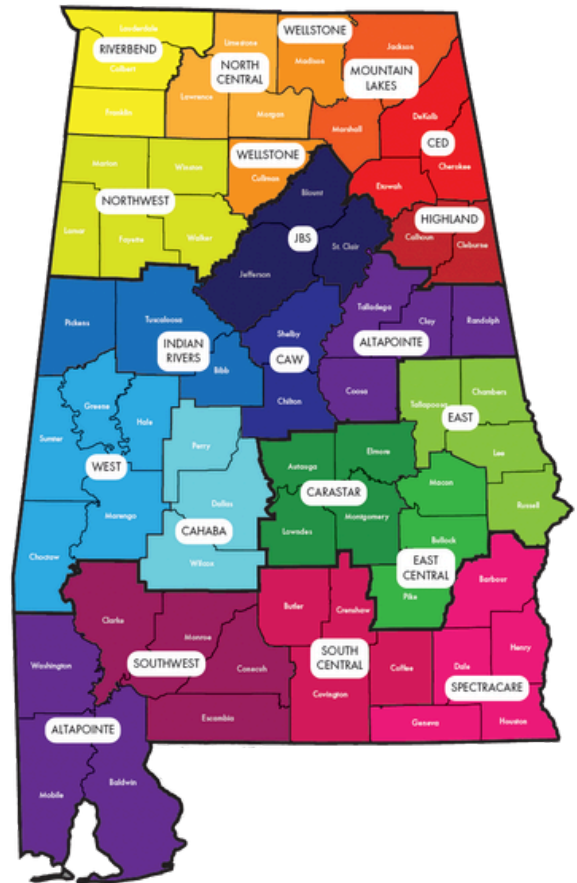
Community Mental Health Centers for Mental Illness Services

ALABAMA DEPARTMENT OF MENTAL HEALTH

Mental Health Center	Phone Number	Counties Served
AltaPointe Health Systems	251-450-2211	Baldwin, Clay, Coosa, Mobile, Randolph, Talladega, Washington
Cahaba Center	800-291-1920	Dallas, Perry, Wilcox
Carastar Health	334-279-7830	Autauga, Elmore, Lowndes, Montgomery
CED Mental Health Center	256-492-7800	Cherokee, DeKalb, Etowah
Central AL Wellness	205-651-0077	Chilton, Shelby
East Central AL Mental Health Center	800-467-1208	Bullock, Macon, Pike
Highland Health Systems	256-236-3403	Calhoun, Cleburne
Indian Rivers Behavioral Health	205-391-3131	Bibb, Pickens, Tuscaloosa
Integrea (East AL)	800-815-0630	Chambers, Lee, Russell, Tallapoosa
JBS Mental Health Authority	205-595-4555	Blount, Jefferson, St. Clair
Mountain Lakes Behavioral Healthcare	256-582-4240	Jackson, Marshall
North Central Mental Health Center	256-355-6105	Lawrence, Limestone, Morgan
Northwest AL Mental Health Center	205-302-9051	Fayette, Lamar, Marion, Walker, Winston
Riverbend Center for Mental Health	256-764-3431	Colbert, Franklin, Lauderdale
South Central AL Mental Health Center	334-222-2523	Butler, Coffee, Covington, Crenshaw
Southwest AL Behavioral Health Care Systems	251-575-4203	Clarke, Conecuh, Escambia, Monroe
SpectraCare Health Systems	800-951-4357	Barbour, Dale, Geneva, Henry, Houston
WellStone	256-533-1970	Cullman, Madison
West AL Mental Health Center	800-239-2901	Choctaw, Greene, Hale, Marengo, Sumter

The Mental Health Centers listed are available for 24/7 assistance, sorted by county. Contact the provider closest to you to receive mental health services.

Community Mental Health Center Map



Mental Health Services Available in All Counties:

- AIDS Alabama: 205-324-9822
- Alabama Clinical Schools: 205-836-9923
- Hill Crest: 205-833-9000
- Laurel Oaks Behavioral Health Center: 334-794-7373
- Magnolia Creek Treatment Center for Eating Disorders: 866-318-2329
- Mountain View Hospital: 800-662-1002
- Brighter Path Courtland: 256-637-2199
- Sequel New Beginnings: 205-725-7170

Community mental health center information from mh.alabama.gov.