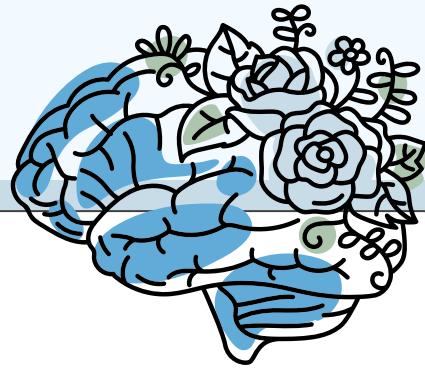


# Local Gov Health + Wellness

## 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  |
|--|---|
| <b>Inpatient</b>   | Covered at 100%<br>Subject to \$200 deductible per admission<br>\$50 per day copay for days 2-5 per admission |
| <b>Outpatient (Network Providers)</b>  | Covered at 100%<br>Subject to medical provider copay  |
| <b>Outpatient (Approved LGHIP Facilities)</b>  | Covered at 100% with no copay or deductible   |
| <b>Eating Disorders (Residential Treatment Facilities)</b>                                     | Covered at 100%<br>Subject to \$200 deductible per admission<br>\$50 per day copay for days 2-5 per admission |
| <b>Intensive Outpatient Services &amp; Partial Hospitalization for Mental Health Disorders</b> | Covered at 100%<br>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                        |



## CONNECT ALABAMA BEHAVIORAL HEALTH SERVICES & TREATMENT FINDER

Download the Connect Alabama app to find treatment and services across the state.

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](http://mh.alabama.gov).