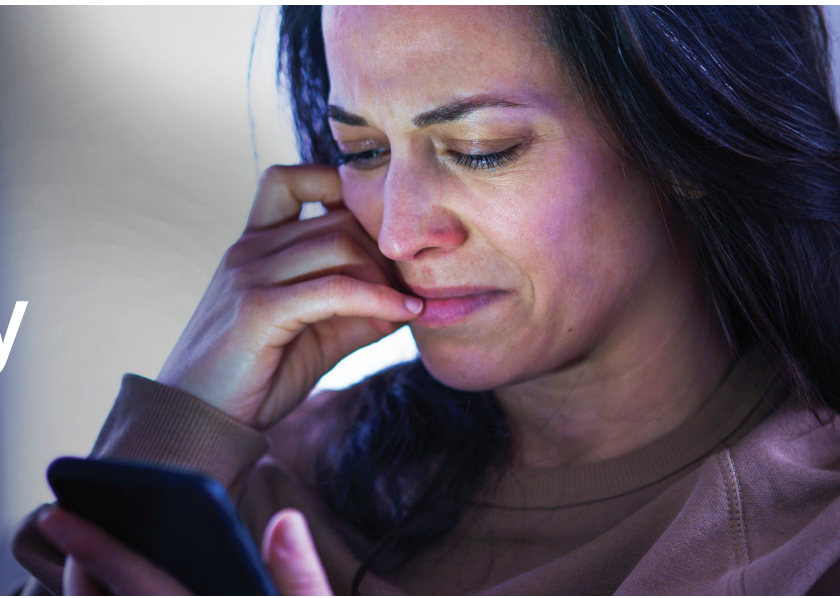


# Mental health support from the privacy and safety of home.



If you or someone in your family is struggling with anxiety, depression, stress, or another mental health condition, the help you need is here. Regence is partnering with MDLIVE, a leading national telehealth provider, to give members an easy and highly convenient way to get the support you need from a mental health professional.

Your health plan gives you the option of connecting with an MDLIVE board-certified psychiatrist or licensed therapist from the privacy and safety of your home, office, or wherever it is convenient for you, through secure video or phone.

## ABOUT MDLIVE BEHAVIORAL HEALTH

- MDLIVE has an extensive national network of board-certified psychiatrists and licensed therapists, so selecting one who is a good match is simple and convenient.
- Pick the same provider for every appointment or choose a different one at any time.
- MDLIVE providers are specially trained in virtual behavioral health visits to provide the highest quality of compassionate mental health support.
- Appointments are available seven days a week, even during evenings and weekends.
- All sessions are private and secure.

To learn more or schedule an appointment, visit [MDLIVE.com-WA](https://www.mdlive.com/regence-wa).

Speak with a licensed therapist for talk therapy and coping strategies. If you need help with assessments or medication management, our board-certified psychiatrists are here for you.

### What we can support:

- Anxiety
- Bipolar Disorder
- Depression
- Grief and Loss
- LGBTQ+ Support
- Stress Management
- Trauma & PTSD
- And more

Call 888-725-3097

Visit [MDLIVE.com/regence-wa](https://www.mdlive.com/regence-wa)



Get the app

GET STARTED TODAY!

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