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| *This message is part of an email series offering tips for good health and advice to help you understand and get the most out of your Premera Blue Cross health plan.* |
| You-centered support Did you know that one in five Americans deal with some form of mental illness in their lives? One in five. Let that sink in. And yet, most people won’t seek help because they think it will pass, or they’re scared to say something, or they can’t get access to the care they need.  If this sounds familiar, we want you to know that you don’t have to go through difficult situations alone. As a Premera member, you can get the support you need, right when you need it most. No judgment. Just empathetic support built around you.  Premera has expanded our behavioral health network to offer easy and private access in a variety of formats. Whether you prefer in-person talks, virtual sessions, the possibility of in-patient care, or simply texting with your therapist, you can get the support you need, right when you need it most.  When you’re ready to take the next step, visit the [**Premera behavioral health digital resource center**](https://blue.premera.com/BHsupport) to find useful resources, information on starting conversations, and more.  **IN A CRISIS, CALL OR TEXT 24/7**  **National Suicide Prevention Lifeline**  **800-273-TALK (8255)**  En Español: 888-628-9454  Deaf and Hard of Hearing: 800-799-4889  **Crisis Text Line**  Text HOME to 741741 |
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