



## OPTUM Behavioral Health Services

To access mental health or substance abuse services, including prior authorization, benefits, provider participation, or help with scheduling a visit with a participating mental health or substance abuse provider:

For confidential help available 24/7 call Optum Health toll-free

877-369-2201

For TTY assistance, please dial 711 + the support number above.

You may also visit the Live and Work Well website listed below where you can find a list of in-network providers with Optum Health. This link offers confidential online resources to deal with stress, life changes, mental health or substance abuse conditions.

<https://www.liveandworkwell.com/default.asp?programPIN=bfh>