

# May is Mental Health Awareness Month: The need for support is real every day

 [pages.azblue.com/Addressing-Arizonas-mental-health-crisis---MAY-2022.html](https://pages.azblue.com/Addressing-Arizonas-mental-health-crisis---MAY-2022.html)

[Sign in – Secure Provider Portal](#) 



Even before COVID-19 caused a sharp spike in stress, anxiety, and depression, more than 14% of Arizona adults said they struggled with frequent mental distress. The need to expand statewide resources is critical: Arizona is 39th in the nation for lives lost to suicide and 47th when it comes to access to mental health care.<sup>1</sup>

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[Take a virtual tour of member ID cards](#)

## Making a bigger impact



FOUNDATION FOR  
**COMMUNITY & HEALTH**  
ADVANCEMENT

The Blue Cross® Blue Shield® of Arizona Foundation for Community & Health Advancement's flagship focus for 2022 is mental health, which is one of the Foundation's four focus areas (the others are substance use disorder, chronic health conditions, and health equity). In fact, the Foundation recently closed its very first competitive grant opportunity for initiatives and projects related to mental health.

Grantees will be announced in early June and will share \$2 million in funding to address the mental health crisis in Arizona—leveraging their community programs to make a bigger impact with Foundation dollars.

## **BlueCare Anywhere supports your BCBSAZ patients 24/7—at home and away**

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For times when the office is closed, eligible Blue Cross® Blue Shield® of Arizona (BCBSAZ) members have access to BlueCare Anywhere<sup>SM</sup> at no additional cost. This gives them a way to schedule an after-hours visit to see a licensed therapist or board-certified psychiatrist 24/7 via their phone, tablet, or computer, at home or away. Note: BlueCare Anywhere virtual visits do not provide emergency care. In an identified or probable emergency, the virtual visit provider will direct the patient to seek emergency care.

## **More resources and crisis support**

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The National Institute of Mental Health ([NIMH](#)), the lead federal agency for research on mental disorders, publishes accessible information about anxiety disorder, autism spectrum disorder, schizophrenia, post-traumatic stress disorder (PTSD), bipolar disorder, and more.

The Substance Abuse and Mental Health Services Administration ([SAMHSA](#)), part of the U.S. Department of Health and Human Services, is leading public health efforts to address the needs of individuals living with mental health and substance use disorders. The agency's website lists treatment referral information and provides a locator for finding treatment facilities and behavioral health services by city or ZIP code.

**In a crisis situation**, immediate help is available by calling **1-800-273-TALK (8255)**, or through the [National Suicide Prevention Lifeline](#) website (chat feature available).

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The Blue Cross® Blue Shield® of Arizona Foundation for Community & Health Advancement is an independent licensee of the Blue Cross Blue Shield Association.

BlueCare Anywhere is a service mark of the Blue Cross Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans. BlueCare Anywhere is offered through the Amwell Medical Group, a separate, independent telehealth medical practice that is contracted with BCBSAZ to provide telehealth services to BCBSAZ members.

<sup>1</sup> Source: [United Health Foundation, America's Health Rankings Annual Report, "Arizona Summary 2021"](#)

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Our members can take a digital ID card with them wherever they go with the MyBlue AZ<sup>SM</sup> mobile app.

