



**BlueCross BlueShield**  
of Texas



## Find Mental Health Care that Fits You

Whether you're just getting started on your mental health journey or know just what you're looking for, we're here to help you find the right care. As a part of your health benefit plan, you have access to Headway — a powerful platform that helps you connect with behavioral and mental health professionals — **at no additional cost to you.**



### Headway Offers:

- Personalized matching with providers, using filters for your clinical needs and personal preferences
- Same-day matching with providers, appointments within 48 hours
- In-person or virtual care with providers in your network
- A diverse network of 48,000+ behavioral health specialists
- Affordable and transparent pricing before you book
- A one-stop platform to book and manage appointments, make payments and more

### Match with In-network Providers for Help Related to:

- Managing stress
- Challenges with family
- Managing anxiety
- Feeling down or lacking motivation
- Struggling to focus
- Loss of a loved one
- Gender and/or sexual identity
- Divorce or separation
- Challenges with personal relationships
- Parenthood
- And much more

### Finding Care is as Easy as 1-2-3



1. Visit [headway.co](https://headway.co) or scan the QR code above
2. Filter for your preferences, such as race/ethnicity, gender and language to find the right provider
3. Add your health plan details and select an appointment. Headway handles the rest!