



Behavioral Health Navigation Team

Supporting Your Emotional Wellness

Life can be challenging. It is filled with good days and bad ones. Therefore, it is important to pay close attention to your emotional wellness and mental health, especially when you are overwhelmed. To help, PacificSource Community Solutions is pleased to introduce our Behavioral Health Navigation Team. We can connect you with providers who serve Medicaid members seeking help with outpatient mental health or substance use treatment.



How the Navigation Team offers support

Member Support Specialists help you:

- Find a mental health or substance use disorder provider.
- Assess for other needs you may have, and connect you with our Care Management team if indicated.



Reaching the Navigation Team is easy

Call us at **458-240-8018** to complete a brief mental health assessment. A member of the Behavioral Health Navigation Team will assist you with locating a provider able to meet your needs.



Help in time of crisis

Emotional, stress-related or mental health issues can become urgent. During these times, please contact the **988 Suicide & Crisis Lifeline**. Help is available 24 hours a day, 7 days a week by:

- Call or text **988**.
- Chat [988lifeline.org](https://www.988lifeline.org)

Questions?

We're happy to help. Call or email us:

Phone

458-240-8018

Email

MedicaidBHNavigation@PacificSource.com

[CommunitySolutions.PacificSource.com](https://www.CommunitySolutions.PacificSource.com)



You can get this document in other languages, large print, braille, or a format you prefer. You can also ask for an interpreter. This help is free. Call toll-free 800-431-4135. TTY:711. We accept all relay calls.

Usted puede recibir este documento en otro idioma, impreso en letra más grande o de cualquier otra manera que sea mejor para usted. Llame al número gratuito 800-431-4135. Los usuarios del servicio TTY pueden llamar al 711.