


# Mental Health Care Support

Increasing Access to Mental Health Care Services for  
Blue Cross of Vermont Members



We've partnered with virtual providers Valera Health, SonderMind and Amwell to increase access to mental health care for Vermonters. When you need help finding care, know that you have options.

The bottom of the page features a decorative graphic consisting of several overlapping, wavy, horizontal bands in various shades of blue, creating a sense of movement and depth.



## ABOUT VALERA HEALTH



has a network of providers, licensed to practice in Vermont that specialize in Serious Mental Illness (SMI), Child & Adolescent and Maternal Health. Their virtual mental health clinic offers a balance of human connection and technology to care for conditions ranging from depression to schizophrenia. Call (646) 450-7748 or visit [valerahealth.com](https://valerahealth.com)

### PROGRAM FEATURES:

- Secure chat
- Goal and appointment reminder
- Video sessions
- Automated assessments
- Media library for education

Valera Health offers virtual therapy and psychiatry services for adults and children 6 years of age and older. Their expert clinicians will work with you to support your goals and make it easy for you to connect with your care team no matter where you are with their convenient mobile app. Valera Health's approach focuses on wellness and offers patients a collaborative team that includes access to a health connector, therapist and psychiatrist.

Comprehensive treatment is provided for conditions such as:

- Depression, anxiety and stress
- Attention deficit hyperactivity disorder (ADHD)
- Post-traumatic stress disorder (PTSD)
- Adjustment disorder
- Obsessive-compulsive disorder (OCD)
- Bipolar disorder
- Medication management
- Child & adolescent programs
- Maternal health programs

How Blue Cross VT members can get started with Valera Health:

1. Visit [valerahealth.com](https://valerahealth.com) and complete an onboarding form to receive a free consultation call from a Health Connector during your preferred time window. You can also call (646) 450-7748 to start the onboarding process.
2. Your Health Connector will assess your needs, match you with a qualified provider and schedule your first appointment.
3. Connect with your care team through the Valera Health app or on a computer. They will work with you to create a treatment plan to meet your goals.





## ABOUT SONDERMIND



When we prioritize mental wellbeing, we can live happier, healthier lives. SonderMind is on a mission to improve mental health access, utilization and outcomes, and decrease the stigma of mental health care.

SonderMind connects you to their in-network therapy and psychiatric providers that can meet your unique needs. With SonderMind's easy-to-use portal, you can schedule sessions either virtual or in-person, message your therapist, submit payments, and view your progress over time.

SonderMind offers:

- **A seamless experience** | SonderMind offers both **in-person** and **virtual** options making it easy to a therapist that fits your needs who is covered by your insurance.
- **Specialized Care** | With thousands of clinicians, SonderMind can meet the unique needs of members and their dependents of all ages.
- **Proven results** | Clinical research shows that SonderMind's approach is proven to help people feel better, faster - in just 5-7 sessions.

How to connect with a licensed therapist who's right for you:

- Go to [sondermind.com](https://sondermind.com) and click **Meet with a Therapist** to fill out a brief online questionnaire.
- SonderMind will connect you to licensed therapists who takes your insurance within 48 hours.
- Review the provider profiles that you are matched with and choose the provider who's right for you.



## ABOUT AMWELL



Blue Cross VT members trust Amwell telemedicine for 24/7 medical care for children and adults with common conditions like rash, fever, cold, allergies, etc. Amwell also provides access to specialty care like dermatology, nutrition, women's health and now mental health care and psychiatry. Learn more: [bluecrossvt.org/telemedicine](https://bluecrossvt.org/telemedicine)

Using the Amwell web or mobile app, members can securely see a psychologist or counselor face-to-face from the privacy and comfort their own home.

Therapists on Amwell provide care and virtual counseling for:

- Anxiety
- Depression
- Stress management
- LGBTQ+ counseling
- Bereavement/Grief
- OCD
- PTSD/Trauma
- Couples therapy
- Panic attacks
- Insomnia
- Life transitions

How Blue Cross VT members can get started with Amwell:

- Schedule an appointment online at [bluecrossvt.amwell.com](https://bluecrossvt.amwell.com) and use the service code VERMONT to see all services available to Blue Cross Vermont Members.
- Review Amwell provider's education, experience and approach to treatment.
- Easily access Amwell's telemedicine platform through their app on a smartphone or tablet, on a computer, or by phone at (844) 733-3627.



@bluecrossvt

[bluecrossvt.org](https://bluecrossvt.org)



**BlueCross BlueShield**  
of Vermont

An Independent Licensee of the Blue Cross and Blue Shield Association.