Anthem

Find mental health care that fits your needs

Headway can help



Whether you're looking for a mental health care provider or aren't sure where to start, Headway can help you find the right fit. As part of your benefits, you have access to a wide range of Headway therapists in your health plan's network who can get you the support you need.

From talk therapy to medication management, Headway offers:

Personalized matching
Get connected with the right care provider based on your needs and personal preferences.

Immediate availability
Receive same-day matching with care providers and appointments within 48 hours.

In-person or virtual care
Book a virtual or in-person appointment with care providers.

A comprehensive network of quality care providers
Access the right care with your choice of over 48,000 clinicians nationally.

A user-friendly digital platform
Book and manage appointments and payments directly on one website.

Cost-effective, transparent pricing
All Headway care providers are in your plan's network, so you can see pricing before you book.

If you're experiencing emotional distress, the resources below provide no-cost, confidential support 24/7. If this is an emergency, call **911** immediately.

Suicide & Crisis Lifeline
Call or text **988**.

Crisis Text Line
Text **HOME** to **741741**.

How to access Headway

1. Scan the QR code with your phone's camera or go to book.headway.co/anthem-bcbs.
2. Filter for your preferences, such as gender and language, to find the right care provider.
3. Add your health plan details and select an appointment.

You can also go to anthem.com or use the Sydney℠ Health app and select **Find Care** to search for Headway care providers.

Learn more

Visit **book.headway.co/anthem-bcbs** or contact Headway's support team at **646-941-7645** for more information.

Headway

Online counseling is not appropriate for all kinds of issues. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (Suicide and Crisis Lifeline) or 911 and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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