Good mental health can improve your quality of life. It may even help you fight or prevent chronic medical conditions, such as cardiovascular disease, diabetes and obesity. That’s why Blue Cross offers an extensive network of behavioral health professionals providing cost-effective, quality services.

Behavioral Health providers* include:

- Psychiatrists (adult and child)
- Clinical psychologists
- Licensed clinical social workers (LCSW)
- Licensed professional counselors
- Nurse practitioners

*varies by health plan

Find an in-network behavioral health provider:

1. Log in to your myBlueCross account on AlabamaBlue.com or the Alabama Blue mobile app, and click Find a Doctor. Only your Plan’s in-network providers display when you are logged in.

2. Change the Location as needed (the contract holder’s address automatically populates). Then select Behavioral Health Provider or Behavioral Health Facility in the Search Term drop down menu.

3. Refine your results using the filters along the left of your screen.

-OR-

Call the customer service number on the back of your Blue Cross member ID card.

Maximize your benefits, and pay the lowest out-of-pocket cost.

- Over 2,100 providers in Alabama and neighboring counties
- Over 267,000 providers nationwide
- No referrals necessary**
- Providers file all claims
- No balance charges (only pay your copay or coinsurance)

**Authorization required for inpatient, residential treatment center and intensive outpatient treatment facility services