



Your **mental well-being** is important

In crisis?

988Lifeline
Call/text 988

988Lifeline can help prevent suicide.

Boys Town 24/7 Crisis Hotline
800-448-3000

Open 24/7 and is staffed by specially trained Boys Town counselors.



Blue Cross and Blue Shield of Nebraska has support and resources to help you get the care you and your family need.

- Emergency response resources
 - In-network doctors and therapists
 - Free nurse-supported programs (included in your health plan)
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➔ Visit NebraskaBlue.com/MentalHealth

