

Denver Health Medical Plan, Inc. (DHMP) members enrolled in our Denver Health & Hospital Authority Employer Plans can utilize health plan benefits for mental health, behavioral health and substance use disorder services and treatment.

OUTPATIENT MENTAL HEALTH SERVICES*

You can obtain mental health, behavioral health and substance use disorder services from any in-network provider.

- » No referral is necessary. Members can self-refer in network.
- » All DHHA Employer Plan members can receive an annual mental health wellness exam at no cost.
- » All DHHA Employer Plan members can use FirstHealth providers in the State of CO. Extended Plan (POS) members have access to the entire nationwide FirstHealth network. You can find an in-network FirstHealth mental health provider on the **First Health Network Directory** at **ProviderLocator.FirstHealth.com/DHMP** or scan the QR Code below. Note: For search tips, please visit **DenverHealthMedicalPlan.org/Find-First-Health-Provider**.
- » You can find an in-network Denver Health mental health provider on the **DHMP Provider Directory** at **DenverHealthMedicalPlan.org/Find-Provider** or scan the QR Code below.
- » Virtual talk therapy is available to all DHHA plan members through Sondermind (members must reside in CO). Visit **SonderMind.com** or scan the QR Code below.
- » If you already see a provider for mental health services, be sure to ask them if virtual visits are available, as many mental health providers do offer telehealth.

INPATIENT MENTAL HEALTH SERVICES*

- » Substance use disorder services provided by an in-network provider or contracted facility are covered with prior authorization.

*Note: If you are experiencing a crisis and need immediate assistance, please call the Suicide Crisis Line at 9-8-8 or visit **988LifeLine.org**.*

FirstHealth



SCAN ME

Denver Health



SCAN ME

SonderMind



SCAN ME



**Cost sharing may vary. Please refer to your member handbook for specific plan benefits.*