



# How Do I Get Help

Please contact us at:

**702-364-1484** or toll-free  
**1-800-873-2246, TTY 711**

Do you have questions for your doctor?  
Would you like to talk to your doctor  
about your questions? Write them  
down here. Please use additional paper  
if necessary.

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Take this brochure to your appointment.

Tiene derecho a recibir ayuda e información  
en su idioma sin costo. Para solicitar un  
intérprete, llame al número de teléfono  
gratuito para miembros que se encuentra  
en su tarjeta de identificación del plan o los  
documentos de su plan.



BEHAVIORAL HEALTHCARE OPTIONS, INC.™

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## Your Mental Health

Getting the Help You Need





## Need someone to talk to? Not sure where to find support? We can help!

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Did you know most mental health conditions today are treatable? Behavioral Healthcare Options, Inc. (BHO) has helped thousands of individuals meet life's challenges through the following resources:

- Professional counseling
- Telephone consultations
- Online assistance

We can help you with your emotional and personal conflict related to mental health and substance abuse. We are a leader in assisting with:

- Specialized mental health support
- Addiction treatment
- Employee assistance programs
- Work-life services

BHO promotes individualized care in the least restrictive setting for our members, ensuring proper treatment and minimal disruption to work and family activities.

Our staff can help you with authorizing and obtaining an appointment with the appropriate level of care for your needs. We also provide after-hours crisis assistance for any emergencies that may occur.

Please contact us at **702-364-1484** or toll-free at **1-800-873-2246**, TTY **711**.

According to the National Alliance on Mental Illness (NAMI), mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others, and daily functioning. Mental illnesses are medical conditions that often result in a lowered capacity for coping with the ordinary demands of life.

There are many types of mental illnesses, which may include:

- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Bipolar Disorder
- Dissociative Disorder
- Eating Disorders
- Major Depression
- Obsessive Compulsive Disorder (OCD)
- Panic Disorder
- Post-Traumatic Stress Disorder (PTSD)
- Schizophrenia
- Seasonal Affective Disorder (SAD)



## Some Triggers of Mental Illness

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There are many factors that could contribute to the way you are feeling; such as stress, health conditions, and loss of a loved one.

These factors can have a profound impact on your mental state, including symptoms of:

- Anger
- Anxiety

- Depression
- Feeling overwhelmed
- Fear
- Guilt
- Irritability
- Nightmares
- Panic

Regardless of your symptoms, it's important you know help is available and you are not alone. Research indicates about one in four U.S. adults has a diagnosable mental illness, yet less than half of them receive any treatment for it.

We understand how important it is to find the right solutions for a balanced and healthy life. Let us help.



## Contact Information:

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Behavioral Healthcare Options, Inc. (BHO) can help you find available community resources for your mental health or addiction treatment.

For assistance to Behavioral Health Services:

- Call **911** for assistance if there is an immediate safety risk.
- Contact BHO at **702-364-1484** or toll-free at **1-800-873-2246**, TTY **711**, for assistance accessing behavioral health services or for clinical assistance.