



Need someone to talk to?

It's perfectly normal to face difficult times or some form of mental health challenge during your life. We all do. When it happens, it's important to remember you're not alone. And it's never too late to seek help.

Get confidential mental health support at no cost to you

CareFirst BlueCross BlueShield (CareFirst)—together with 7 Cups of Tea¹ (7 Cups), the world's largest behavioral health support system—is pleased to offer a digital resource to help you live your best life.

With the CareFirst Behavioral Health Digital Resource, you can get the emotional care you need, when you need it, 24/7. You can also connect to a caring, accepting community and learn new skills to help you grow stronger.

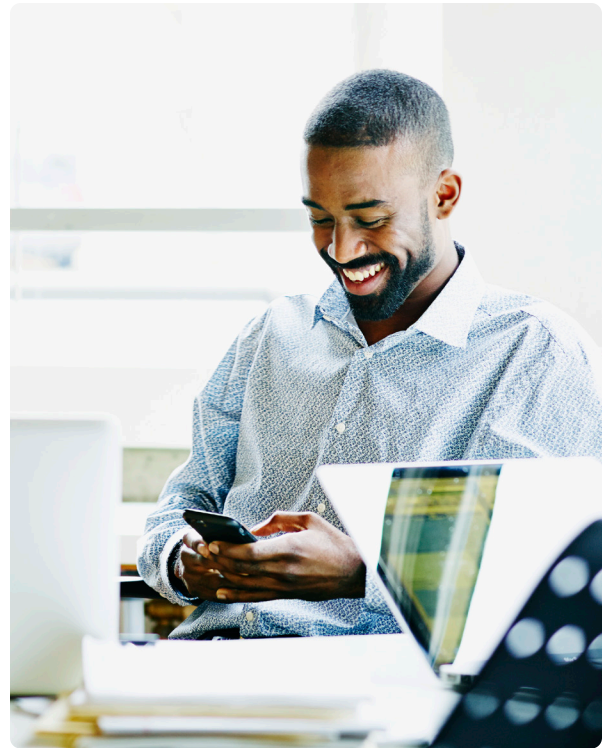
The help you need is waiting.

To set up your free account, visit carefirst.com/myaccount and enter your CareFirst *My Account* username and password. Once logged in to My Account, scroll down to the *Featured Resources* and select the *Behavioral Health Digital Resource* tile. Or, download the 7 Cups app from the Apple and Android stores. After you've registered, simply log in and start your journey to better mental health.

Be heard, meet great people and feel like you again

If you're a CareFirst member with medical benefits, you can participate and get the mental health support you need in a way that best suits you.

- **Talk with someone who understands**— Access over 430,000 trained, volunteer listeners who, unlike family or friends, don't try to solve problems—they just listen. Through chat-based messaging, you can talk one-on-one about any issues, big or small, whatever's in your heart. *Support is available in more than 140 languages.*
- **Connect with a licensed therapist²**—A CareFirst behavioral health care manager can help you make an appointment.
- **Join a support forum**—Be part of a large, accepting community working together to provide a supportive and understanding forum through online discussion boards, specific group chats and moderated chat rooms.
- **Learn new coping skills**—Take small, simple steps to transform your life. Over 35 growth paths teach valuable skills on various topics, including overcoming depression, financial freedom, getting through breakups, grieving, work stress and more.



¹ 7 Cups is an independent company that does not provide Blue Cross Blue Shield products or services.

² Standard medical benefits apply.