

Behavioral Health Care Management Program

Behavioral health encompasses mental and emotional health, both just as important as physical health. Behavioral health affects how you think, feel and handle everyday life.

Life can be hard sometimes. You might be dealing with things like anxiety, depression or other behavioral health concerns. You're not alone—we're here to help.

Participating in the Program

We're here to walk alongside our members on their behavioral health journey. Our team can:

- Help CCHP members better understand their condition and treatment options
- Connect members with therapists, doctors and community programs
- Provide support after a hospital or ER visit
- Offer extra help when members need it most
- Discuss substance use and share information along with safe, alternative resources

We work with our members and their care team to make sure they have the tools and support to feel their best.

Program Resources

Freespira

Not everyone wants or needs medication to feel better, which is why we partner with Freespira. Freespira helps reduce or stop panic attacks and symptoms of post-traumatic stress disorder (PTSD). It is an FDA-approved treatment and is covered by CCHP at no cost to our members! Freespira includes at-home personal coaching and support.

Learn more, and complete the online screening assessment today at freespira.com/cchp.

Social Navigation Program

We know overall health is more than medical care. Our Social Navigation Program is here to support members with everyday challenges that can affect their well-being—like housing, food, transportation and financial stress.



Contact Us

If you're feeling overwhelmed, struggling with substance use or just need someone to talk to, our Care Management Team is here to support you.



(414) 266-3173



healthpromotion@chorushealthplans.org



chorushealthplans.org/behavioral-health



Need Help Right Now?

If you're in crisis or need someone to talk to, dial **988**.

**Available
24 hours a day,
7 days a week**

