Help to find a mental health provider

When you or an eligible family member is experiencing depression, anxiety, substance abuse, a learning disorder or other mental health issue, it can be difficult to understand options for care and coverage for service. **Health Advocate can answer your questions and find the right professionals to help.**

**A Health Advocate expert can:**

- **Locate qualified doctors**, psychologists, psychiatrists and other specialists; expedite earliest appointments
- **Identify in- and outpatient treatment** and rehabilitation centers
- **Explain laws affecting care**, such as state mandates requiring autism coverage
- **Find community resources**, such as support groups and special educational resources
- **Explain health benefits** and coverage for mental health care
- **Address insurance issues**, help obtain approvals for services and resolve claims issues

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