

All of the UC Health plans for employees, postdoctoral scholars and residents/fellows have expanded virtual options for both medical and behavioral health services in response to COVID-19. Read more at [UCNet](#).

General Behavioral Health Resources:

- Telehealth services
- Options for phone and/or virtual appointments with established providers
- Support to identify provider options and secure appointments if needed

Health Plan (Behavioral Health)	Who To Call
Anthem: UC Care (employee) Core (employee) UC Health Savings Plan (employee) Anthem PPO plan (Residents/Clinical Fellows) Anthem HMO plan (Residents/Clinical Fellows)	Anthem Behavioral Health Support Center: (844) 792-5141
MHN (Managed Health Network): Health Net Blue & Gold (employee) Health Net HMO (postdoctoral scholar) Health Net PPO (postdoctoral scholar)	MHN Behavioral Health Customer Support: (800) 663-9355 (888) 935-5966 (800) 767-7016
Optum Behavioral Health: Kaiser (employee)	Optum Behavioral Health Support Center: (888) 440-8225
Kaiser: Kaiser members (employees)	Kaiser Member Services: (800) 464-4000

Kaiser members can use either Optum Behavioral Health or Kaiser mental health services

Contact the [UCSF Health Care Facilitator Program](#) for assistance navigating these resources.