



Mental & Behavioral Health Resources

included in your benefits with PAISBOA Health Benefit Trust (HBT)

Get Care

Your medical benefits administered by IBX include coverage for mental and behavioral health services. Coverage details are available at ibx.com/paisboa. To find in-network care:

Visit ibx.com/paisboa

Log into your member portal to find a doctor by name or specialty.



Call an IBX Care Advocate

An IBX Care Advocate can help you find in-network mental and behavioral health care, answer specific questions about benefits and claims, schedule appointments, and connect you to a licensed clinician for in-the-moment support if needed. The team includes a live clinical triage member for crises. Call **1-800-688-1911**.

If your school offers a Health Savings Account (HSA) or a Flexible Spending Account (FSA), you should be able to use these funds to pay for your mental health care with licensed providers.



Virtual Care

through Doctor on Demand

Access telemedicine services with a licensed therapist or psychiatrist through Doctor on Demand, 24/7. When creating your account, select PAISBOA as your employer to receive the correct co-pay, which is \$10 per visit through October 31, 2026. (Those on the HDHP must first satisfy their applicable deductible.) Get started at doctorondemand.com.



Self Care

through Spring Health

Spring Health, an IBX in-network provider, offers a **FREE** self-guided digital library of on-demand exercises covering a wide range of topics such as anxiety, burnout, parenting, and sleep. Utilizing evidence-based techniques, the program helps build healthy habits, bring immediate relief, and develop long-term skills for mental wellness.

Sign up at benefits.springhealth.com/insurance/ibx.



Employee Assistance Program (EAP)

through Health Advocate

Member schools that offer Unum have access to a **FREE** EAP designed to help you lead a happier and more productive life. Get support from a Licensed Professional Counselor or a Work/Life Specialist. Call **1-800-854-1446** or visit unum.com/lifebalance.

Call or text 988 for the Suicide and Crisis Lifeline

to get **FREE** 24/7 support for suicidal, mental health, and/or substance use crises.