



Did you know that you have 24/7 access to mental health care?

Your health is important to us, so we're always looking for ways to support your well-being. To give you more options to seek the mental health support you need, when you need it, we have partnered with independent companies SonderMind, Valera Health, and Amwell®. These enhanced benefits are designed to provide you with more value, convenience, and peace of mind.

- **Amwell** offers 24/7, online sessions with psychiatrists and other therapists for a wide range of conditions.
- **Valera Health** provides comprehensive treatment for conditions such as depression, anxiety, and post-traumatic stress disorder (PTSD)
- **SonderMind** has in-person or virtual support options for your mental health needs.
- **Vermont Help Line:** For those seeking more immediate support, Vermont also has a 24/7 lifeline. Call 988 or visit gethelpvt.org to get support.

Learn how to access mental health support



Finding a Mental Health Provider

Check out our blog that provides tips for finding mental health support services in Vermont.

Read Blog



Get Started with Amwell®

We encourage you to create an account with Amwell so you're ready when you need it! Register via the link below or download the app. When registering, enter the service key of VERMONT to access Blue Cross VT services.

[Get Started](#)