



No matter why,
no matter when.
We are here.



833-302-MIND (6463)

24/7 Behavioral Health Support



Blue KC is thinking differently about coverage and care, enhancing the behavioral health services provided in member health plans. Mindful by Blue KC is a behavioral health initiative dedicated to reducing the stigma around behavioral health, while making behavioral healthcare accessible and affordable.

It starts with a Mindful Advocate. Call 833-302-MIND (6463)
or the behavioral health number on your member ID card.

Mindful Advocates are
licensed behavioral health
clinicians who are experts at:

**Listening
Navigating Care
Connecting**

**Crisis Management
Follow-Up
Benefit Guidance**

**Mindful Advocates can help
Blue KC members in crisis** with
in-the-moment support and can
connect members to the
Expedited Access Network

Reach out to a Mindful Advocate for in-the-moment support and help finding a behavioral health appointment in the earliest window possible. A Mindful Advocate is available 24/7 at 833-302-MIND (6463).

National / Other Behavioral Health **Crisis Resources**

CRISIS TEXT LINE:

Free, 24/7 support,
Text HOME to 741741

MEDICAL EMERGENCY:

Always call 911

NATIONAL SUICIDE PREVENTION LIFELINE:

Free 24/7, confidential support for people in distress.

For help call 1-800-273-8255