

# Mental Health Care from Anywhere

Brave Health is a virtual option for you or a family member on your CDPHP® plan to receive mental health care that's convenient and confidential. Available to New York State residents ages 16 and over, Brave offers individual and group therapy and fast access to care from anywhere.

Brave specializes in treating:

- ▶ Anxiety and depression
- ▶ Postpartum depression
- ▶ Bipolar disorder

Brave offers:

- ▶ Therapy and counseling
- ▶ Medication management
- ▶ Comprehensive care
- ▶ A virtual platform on any device

All Brave providers – psychiatrists, nurses, and counselors – are full-time employees. You'll see the same provider every time. Appointments are available within seven days of initial consultation. Cost-share may apply for these services. For additional questions about this benefit, please call CDPHP at 1-888-320-9584.

Be Brave and get started

**Online:** [bebravehealth.com](http://bebravehealth.com)  
**Email:** [start@bebravehealth.com](mailto:start@bebravehealth.com)  
**Call or text:** (305) 902-6347

**Hours**

Monday-Friday 9 a.m. to 6 p.m.

**Discrimination is Against the Law**

Capital District Physicians' Health Plan, Inc. (CDPHP®) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Multi-language Interpreter Services**

ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。  
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