

# Mental Health and Substance Use

## Here for you, when you need us most.

It can be tough to ask for help, and you may not know where to turn. If you're ready to take the first step, CDPHP® is here for you and your family. Our Behavioral Health Access Center is made up of a team of mental health care experts who understand what you're going through and can point you in the right direction.

Give us a call at **1-888-320-9584** between 8 a.m. and 6 p.m., Monday through Friday. If you need help afterhours, or if this is an emergency, press "1" to be connected with our crisis line.

### LOCAL, IN-PERSON CARE

CDPHP partners with the area's preeminent psychologists, psychiatrists, social workers, therapists, and other mental health care experts for all of your mental health and substance use disorder needs. If you're ready to meet with a local professional, visit [findadoc.cdphp.com](https://findadoc.cdphp.com) to locate a provider near you. If you need help selecting a provider that's right for you, just give us a call at **1-888-320-9584**.

### VIRTUAL MENTAL HEALTH CARE

Your mental health care needs don't always happen during business hours. That's why CDPHP partners with some of the nation's best virtual mental health care providers, many of whom are available 24/7!

	Age Treated and Location	Specialty	Care within	Language
<b>aptihealth</b> <a href="https://aptihealth.com/CDPHP">aptihealth.com/CDPHP</a>	Adults, adolescents, and children 5+ years of age who live in New York state	Mild symptoms to severe, persistent mental illness	Five days of clinical consultation	English
<b>Doctor On Demand®</b> <a href="https://cdphp.com/doctorondemand">cdphp.com/doctorondemand</a>	Adults, adolescents, and children of all ages who live in the United States	Anxiety, depression, postpartum, relationships, trauma, and loss	48 hours	Translation services available
<b>Valera</b> <a href="https://cdphp.com/valera">cdphp.com/valera</a>	Adults, adolescents, and children 6+ years of age who live in New York state	Mild to severe symptoms; culturally-competent care, including LGBTQ services	Three weeks of initial consultation	12+ languages, American Sign Language (ASL)

### CRISIS HOTLINE

You have an emergency, please contact **1-888-320-9584**.  
For help afterhours, press "1" to be connected with our crisis hotline.



### 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）。