

Connect to CareSM behavioral health providers

Our team can help you get high-quality behavioral health care fast.

Connecting you to care

Call our Behavioral Health Care Navigation team at **1-844-864-4352**, Monday through Friday, 8 a.m. to 6 p.m. Our specially trained team can offer support and guidance to make finding the right care easier. They can match you with an in-network provider, schedule an appointment for you, identify any urgent conditions, and provide in-the-moment support for tough times or crisis.

Trusted in-network providers

This document lists our Connect to Care providers by area of focus. We work directly with Connect to Care providers to make sure you have access to high-quality care fast — in as quickly as 1 – 2 days. To find other in-network behavioral health providers, visit ibxtpa.com/providerfinder.

Note: Accessibility varies by provider and your plan. Check your benefits or call us to verify your coverage.

Provider	Ages treated	Description	Contact
General mental health			
Thriveworks	5+ for talk therapy; 14+ for medication management	<ul style="list-style-type: none">In-person and virtualTalk therapy and medication management	1-855-205-9986, thriveworks.com
Grow Therapy	6+	<ul style="list-style-type: none">In-person and virtualTalk therapy and medication managementFocus on common conditions (e.g., anxiety, depression, family or relationship issues)	growtherapy.com
Headway	6+	<ul style="list-style-type: none">VirtualTalk therapy and medication managementHelp with common conditions (e.g., anxiety, depression, family or relationship issues, grief, stress) and ongoing conditions, such as major depression and bipolar disorder	headway.co
Spring Health	6+	<ul style="list-style-type: none">In-person and virtualTalk therapy and medication managementCare for moderate to severe conditions, including bipolar disorder, eating disorders, suicidal ideation, and co-occurring substance use disorderDigital self-management tools for common concerns like parenting, anxiety, grief, depression, and coping with physical health conditions (e.g., maternal health, insomnia, chronic pain)Personalized care and self-management content for neurodiversity (ADHD, autism, OCD)	1-855-596-4890, benefits.springhealth.com/insurance/ibx
Brightside Health	13+	<ul style="list-style-type: none">Virtual onlyTalk therapy, medication management, anytime messaging with providerSpecializing in moderate to severe conditions including depression, postpartum depression, bipolar disorder, anxiety, panic, trauma, insomnia, co-occurring mental and physical health conditions, behavioral health hospital follow-up care, and a specialized program for individuals (ages 18+) at risk for suicideTeen care program (ages 13+) offering talk therapy and medication management for teens struggling with self esteem, relationships, social challenges, depression, and anxiety	415-360-3348 app.brightside.com

Provider	Ages treated	Description	Contact
Children, adolescents, and young adults			
Little Otter	0 – 18	<ul style="list-style-type: none"> • Virtual • Therapy and psychiatry for children and their families • Helping families with a care team, customized approach, and platform that enables real-time support 	415-449-2813, littleotterhealth.com
Bend Health	1 – 25	<ul style="list-style-type: none"> • Virtual • For children, young adults, and families • Talk therapy, digital CBT, coaching, intensive outpatient program (IOP), EMDR, family systems therapies, care coordination, and medication management for children, young adults, and families experiencing anxiety, panic, ADHD, depression, and behavioral concerns 	bendhealth.com
Blackbird Health	2 – 26	<ul style="list-style-type: none"> • In-person and virtual • Medication management and talk therapy • Diagnostic evaluations and treatment for children and young adults struggling with social, developmental, and school-related challenges 	484-202-0753, blackbirdhealth.com
Instride Health	7 – 22	<ul style="list-style-type: none"> • Virtual • Medication management, talk therapy, CBT, exposure coaching, and patient skills and family groups • For children and young adults with primary diagnosis of OCD or anxiety 	1-855-438-8331, instride.health
Handspring Health	8 – 24	<ul style="list-style-type: none"> • Virtual • Individual therapy, family therapy, and medication management • For kids and young adults experiencing common conditions, including depression, anxiety, panic, bullying, trauma, family issues, anger management, and behavioral challenges 	1-855-467-1300, handspringhealth.com
Specialty care			
Equip	All ages	<ul style="list-style-type: none"> • Virtual • Care for eating disorders using a family-based approach • Support from a care team that includes a therapist, dietitian, and medical provider 	1-855-387-4378, my.equip.health
NOCD	5+	<ul style="list-style-type: none"> • Virtual • Specialty therapy for OCD • Uses evidence-based therapies (e.g., exposure and response prevention, prolonged exposure therapy) 	treatmyocd.com/calendar
Flowly	18+	<ul style="list-style-type: none"> • Virtual • For people living with pain and anxiety who have struggled to find relief • Psychotherapy and resources for managing chronic pain, anxiety, and stress associated with non-structural pain (real, treatable pain where there is no specific structural cause) 	portal.flowly.world/onboarding
Marvin	18+	<ul style="list-style-type: none"> • In-person and virtual • Specializes in providing talk therapy services and support for health care employees 	1-888-780-6377, meetmarvin.com
Quartet Medical	18+	<ul style="list-style-type: none"> • Virtual • Care for ongoing conditions, including bipolar disorder and major depression 	1-833-258-8498

Provider	Ages treated	Description	Contact
Substance use disorders			
Ethos	13+	<ul style="list-style-type: none"> In-person and virtual Treatment of substance use disorders and mental health conditions Includes intensive outpatient group therapy, individual talk therapy, and medication management 	267-669-0300, ethostreatment.com
Pelago	15+; 16+ for medication-assisted treatment	<ul style="list-style-type: none"> Virtual Treatment for alcohol or opioid use, including concurrent tobacco cessation Care team provides assessment, medication-assisted treatment, and counseling Online program helps prevent relapse and manage cravings and offers support via chat and a live care hotline 	1-877-349-7755, my.pelagohealth.com
Crossroads	16+	<ul style="list-style-type: none"> In-person (multiple locations in PA and NJ) Treatment for substance use disorders Evidence-based treatments, including medication, peer support, and individual and group counseling Onsite physicians direct medical care during medication-assisted treatment Offering outpatient withdrawal 	1-800-805-6989, crossroadstreatmentcenters.com
Forge Health	18+	<ul style="list-style-type: none"> In-person and virtual Treatment for moderate substance use disorders and co-occurring medical health conditions Withdrawal management, medication management, and individual and group therapy 	1-888-224-7313, forgehealth.com/contact-us
Ophelia	18+	<ul style="list-style-type: none"> Virtual Opioid use disorder (OUD) treatment and concurrent tobacco cessation Medication for OUD, individual and group counseling, and care for behavioral health conditions 	215-987-5514, ophelia.com
Pursue Care	18+	<ul style="list-style-type: none"> In-person (Allentown, PA; Voorhees, NJ; and Newark, DE) and virtual Mild to moderate substance use disorders and co-occurring mental health conditions 	1-866-799-9805, pursuecare.com
Ria Health	18+	<ul style="list-style-type: none"> Virtual Focus on alcohol use Evidence-based outpatient services (e.g., coaching, counseling, medication, and technology platform) 	1-866-974-3959, riahealth.com/directory-referral

Headway, Spring Health, Brightside Health, Instride Health, Marvin, Ophelia, Ethos, Grow Therapy, Thriveworks, LifeStance Health, Vital HealthCare Solutions, Equip, NOCD, Flowly, Quartet, Little Otter, Bend Health, Handspring Health, Blackbird Health, Ria Health, Pursue Care, Forge Health, Pelago, and Crossroads are independent companies.