



## Feeling Anxious, Depressed or Overwhelmed? There is HELP!

We realize these are stressful times, and you may be feeling anxious, depressed or overwhelmed. That is a natural response to such a devastating event, but you don't have to handle it on your own.

Blue Cross and Blue Shield of Louisiana and their behavioral health services vendor, New Directions, have worked with the Office of Group Benefits to set up a hotline for OGB members with Blue Cross health plans who need emotional support.

If you need to talk to someone, please reach out. The New Directions hotline - **1-800-843-6514** - gives you 24/7 access to the hotline, which will connect you to a behavioral health professional.