

MENTAL HEALTH RESOURCES AND COVID-19

During the uncertainty of the COVID-19 crisis, people need to know they're not alone.

Horizon Blue Cross Blue Shield of New Jersey (Horizon BCBSNJ) has partnered with [AbleTo*](#), a leading virtual mental health care provider, to offer members free online therapy sessions. Members can find additional mental health providers [here](#).

In addition, the nation's leading mental health organizations have come together on PsychHub to create a [free resource hub](#) for addressing rising mental health needs. Check out a snapshot of the resources available to you.



INFORMATION FROM THE NATION'S MOST CREDIBLE MENTAL HEALTH ORGANIZATIONS

Find the latest updates on ways to stay connected and supported.



American Foundation for Suicide Prevention

Tools to help spread positive messages of hope, mental health care and suicide prevention



American Psychological Association

Range of mental health topics continually updated by scientific and professional leaders in psychology



Mental Health America

Resources for individuals and communities from a leading community-based mental health non-profit in the U.S.



National Alliance on Mental Illness

Strategies for managing anxiety and social isolation to accessing health care and medications



U.S. Department of Veteran Affairs

Federal government resources to help veterans cope with the pandemic

FIND THE RIGHT RESOURCES FOR YOU

From news to online courses to downloadable guides, these targeted resources will help address all kinds of mental health issues for all types of roles.

[Individuals](#)

[Employers](#)

[Health Care Professionals](#)

[Mental Health Providers](#)

[Community Supporters](#)



CHECK OUT COVID-19 VIDEOS

This library features topics relevant to parents, doctors, seniors, employers and more.

Find out how Horizon BCBSNJ is supporting members' mental health during the pandemic [here](#).



*AbleTo is an independent company that supports Horizon Blue Cross Blue Shield of New Jersey in providing mental health services.