



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.

LOCAL, IN-PERSON CARE

CDPHP partners with the area's best psychologists, psychiatrists, social workers, therapists, clinics, and facilities for all of your mental health and substance use disorder needs. If you're ready to meet with a local professional, visit findadoctor.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 the number on the back of your member card and we'll be happy to support you.

VIRTUAL MENTAL HEALTH CARE

Technology makes it easier than ever to receive mental health services from the comfort of your home. CDPHP partners with some of the nation's best virtual mental health care providers, who offer counseling and medications (if needed).

	aptihealth aptihealth.com/CDPHP	MDLive mdlive.com/cdphp	Valera valerahealth.com	Charlie Health charliehealth.com/form
Age Treated and Location	Adults, adolescents, and children 5+ years of age who live in New York state	Adults, adolescents, and children 10+ years of age who live in the United States	Adults, adolescents, and children 12+ years of age who live in New York and other participating states	Adults, adolescents, and children 10+ years of age who live in the United States
Specialty	Mild symptoms to severe, persistent mental illness; 90-day treatment plan	Mild symptoms to severe, postpartum depression, addiction, loss, relationships, culturally-competent care, including LGBTQ services	Mild symptoms to severe, perinatal and postpartum depression, culturally-competent care, including LGBTQ services	Virtual Intensive Outpatient Program (IOP)
Care within	Five days to three weeks of clinical consultation	Within one week or less	Seven days to three weeks of clinical consultation	48 hours
Language	Translation services available	Translation services available	12+ languages, American Sign Language (ASL)	English

CDPHP has partnered with Wholeview (wholeview.com) and Ophelia Health (ophelia.com/welcome/cdphp) to provide dedicated substance use telehealth services. See their websites for more detail.

Discrimination is Against the Law

Capital District Physicians' Health Plan, Inc., CDPHP Universal Benefits, Inc., and Capital District Physicians' Healthcare Network, Inc. (collectively referred to as CDPHP®) comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. CDPHP does not exclude people or treat them differently because 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）。