



Lucet™

Your Mental Health Matters Lucet Program

Almost everyone has a time in life when mental health plays a role. Whether it's your own journey or supporting someone you love, it's important to know where to go for help.

That's why your health plan, Blue Cross and Blue Shield of Kansas, partners with Lucet to provide behavioral health services to you and your family members. Services covered on most benefit plans include mental health services, substance use treatment and more.

You don't have to do it alone.

With licensed clinicians available 24/7, Lucet can help you:

- Understand your behavioral health needs and how you can benefit from care
- Locate in-network providers, specialty doctors and treatment facilities
- Connect with people and groups in your community that can support you
- Coordinate with your doctors to help you achieve your health goals
- Get immediate help for urgent mental health needs

Specialty Services

Care Management Program

Work with a licensed behavioral health clinician who can help you identify your needs, offer helpful resources and coordinate with your doctors.

Autism Resource Program

Care managers specially trained in treating Autism Spectrum Disorder can assist you through the process of obtaining a diagnosis and authorizing treatment.

Substance Use Disorder Clinical Response Unit

Licensed clinicians can assess your needs, teach you about evidence-based treatment options and ensure you are connected with the right care.

Reach out for support

Visit [LucetHealth.com/members/resources](https://www.lucethealth.com/members/resources) to access self-help articles, mental health screening tools, community resources and more, or call Lucet directly at **800-952-5906**.

For more information about your benefit plan, visit [bcbsks.com/BeHealthy](https://www.bcbsks.com/BeHealthy).

Connect with us today to learn more.

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Here are some reasons you might call Lucet:

Anxiety

Constant anxiety can seriously interfere with your daily life, but you can better understand and manage it with the help of Lucet through screenings, self-care tools and evidence-based treatments.

Depression

If you experience symptoms of depression such as loss of interest in activities, changes in appetite or sleep, feelings of worthlessness or guilt, or thoughts of suicide, talk to a Lucet professional about getting the help you need.

Bipolar Disorder

Unusual shifts in mood, energy, activity levels and the ability to carry out day-to-day tasks could be a sign of bipolar disorder. A licensed clinician can support you with education, treatment options, community support resources and more.

Drug or Alcohol Addiction

If any type of substance use is causing you physical, emotional, social or legal harm, Lucet can help you find the appropriate treatment and recovery plan for your unique situation.

Eating Disorder

Many people are concerned about their weight or eating habits, but certain behaviors can become dangerous if they get out of control. A care manager can help you with recovery guidance, relapse prevention and other resources that promote nutrition stability.

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