



Discover online support available to you today



Check out these digital resources included in your **Here4TN** benefits. It's all about helping you and your family connect with care when you need it. Many of these benefits can be accessed through **Here4TN.com** or by calling **855-Here4TN** (855-437-3486).

Here4TN.com

Explore tools, articles, videos, self-help programs and more for a variety of mental health and work-life concerns, from stress, anxiety or substance use disorder to help with parenting or caregiving. Search for nearby network providers, including those offering virtual visits, and even schedule appointments right online.

Virtual visits

See and speak with a clinician who can evaluate and treat a variety of general mental health conditions, such as anxiety, depression and substance use disorder, and can also prescribe medications as needed.

Talkspace

Communicate with a licensed therapist from your smartphone or computer; no office visit required. You can start therapy within hours of selecting your therapist using the online matching tool, connect through messaging, video and audio message five days a week, and schedule live video sessions, when needed.

Self Care by AbleTo

Get access to self-care techniques, coping tools, meditations and more, anytime and anywhere. With Self Care, you'll get personalized content that's designed to help you boost your mood and shift your perspectives. Tap into tools created by clinicians that are suggested for you based on your responses to a short optional assessment.

If you have a TTY system for a hearing or speech impairment, call 711.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

Self Care by AbleTo should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained within Self Care is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used on its own as a substitute for care from a provider. Self Care is available to members ages 13+ at no additional cost. Participation in the program is voluntary and subject to the Self Care terms of use.

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