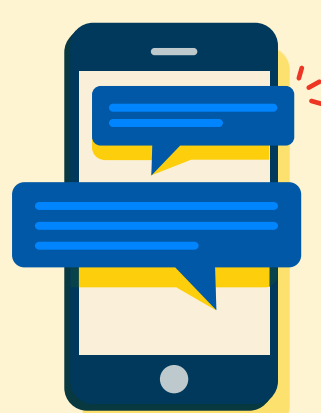


Emotional Support Right at Your Fingertips



Enrollees ages 13 and older

Access Headspace

Headspace is your personal guide to supporting your mind. It can help you stress less, focus more, and sleep soundly.

A Different Way of Accessing Emotional Support

Everyone can use emotional support at some point in their lives. AmeriHealth Caritas DC offers Headspace so you can receive this support via text. Get guidance to help you navigate the challenges you face every day from your smartphone, whenever you need it!

Enrollees ages 13 and older can access hundreds of guided meditation and mindfulness exercises, or chat with an emotional support coach anytime, anywhere all in the Headspace app. Use Headspace for:

- Unlimited chat-based coaching*
- Sleepcasts, focus playlists, and mindful movement
- Guided programs or courses to improve sleep or manage stress

Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you.

Headspace is available at no cost to you.

Other Behavioral Health Providers in Our Network

Remember AmeriHealth Caritas DC also covers behavioral health services for Medicaid enrollees and mental health assistance for Alliance enrollees.

To access behavioral health services, call:

- Enrollee Services at 202-408-4720 or 1-800-408-7511.

You can also search our online provider directory at
<https://www.amerhealthcaritasdc.com/pdf/member/medicaid/medicaid-behavioral-health-directory.pdf>

*Standard messaging and data fees may apply.

Get Started Now



Headspace

Visit <http://work.headspace.com/amerihealth/member-enroll> to access Headspace.



Connect with AmeriHealth Caritas DC on social media.

- Instagram (@amerihealthcaritasdc)
- Facebook (@amerihealthcaritasdc)
- X (<https://twitter.com/AmeriHealthDC>)

Questions?

Call Enrollee Services at 202-408-4720 or 1-800-408-7511.

AmeriHealth Caritas District of Columbia complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, including sex characteristics, including intersex traits; pregnancy or related conditions; sexual orientation; gender identity, and sex stereotypes (consistent with the scope of sex discrimination described at 45 CFR § 92.101(a)(2)). AmeriHealth Caritas District of Columbia does not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex.

English

If you do not speak and/or read English, please call **1-800-408-7511 (TTY 1-800-570-1190)**, available 24 hours a day, seven days a week. A representative will assist you.

Español

Si no habla y/o lee inglés, llame al **1-800-408-7511 (TTY 1-800-570-1190)**, línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

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Tiếng Việt

Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi **1-800-408-7511 (TTY 1-800-570-1190)**, 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

繁體中文

如果您不會講或讀英文，請致電 **1-800-408-7511 (TTY 1-800-570-1190)**，此電話每天 24 小時，每週 7 天開通。您將得到一位服務代表的協助。

한국어

영어를 말하거나 읽지 못하는 경우, 365일 24시간 이용 가능한 **1-800-408-7511 (TTY 1-800-570-1190)**번으로 전화하십시오. 직원이 도와드릴 것입니다.

Français:

Si vous ne parlez, ni ne lisez anglais, veuillez appeler au numéro **1-800-408-7511 (TTY 1-800-570-1190)**, disponible 24 heures sur 24, 7 jours sur 7. Un représentant pourra vous aider.

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Any individual depicted is a model.



This program is brought to you by the Government of the District of Columbia Department of Health Care Finance

