

Depressive Disorders

Reference and Resource Guide for Providers

Contents

Overview	3
Screening and Follow-Up	3
Depression Screening Workflow	5
Brief Intervention/Motivational Interviewing.....	6
Special Populations	6
Maternity	6
Pediatric.....	6
Treatment Options.....	7
Outpatient (OP).....	7
Intensive Outpatient (IOP)	7
Partial Hospitalization (PHP).....	8
Residential Treatment.....	8
Inpatient Treatment.....	8
Medications for Treatment.....	8
Billing and Coding.....	9
Member Eligibility.....	9
Training and Education Opportunities.....	10
Referral Resources	10
Provider Resources	12
National Resources	13
Delaware Statewide Resources	14

Overview

Depression is a common mood disorder characterized by persistent sadness and loss of interest in activities an individual once enjoyed.¹ It significantly impacts many Americans, affecting over 8.8% of (22.5 million) adults and 19.5% of (4.8 million) youth annually.²

Highmark Health Options and Highmark Health Options Duals (HMO SNP) are committed to supporting providers in integrating behavioral and physical health. This guide specifically focuses on screening for and managing:

- **Major Depressive Disorder (MDD):** Marked by symptoms of depressed mood and/or loss of interest, most days for at least two weeks, which interfere with daily activities.³
- **Dysthymia:** Characterized by less severe but chronic depressive symptoms lasting for at least two years.³
- **Perinatal Depression:** Depression occurring during pregnancy (prenatal) or after childbirth (postpartum).³

Note: Definitions based on American Psychiatric Association Diagnostic and Statistical Manual of Mental Disorders (5th edition).

The U.S. Preventive Services Task Force recommends depression screening for adolescents aged 12–18 and the general adult population, including pregnant and postpartum women.⁴ Highmark Health Options and Highmark Health Options Duals recognize the critical role providers play in connecting members to essential treatment and resources for persistent depressive symptoms that impact overall health. This guide offers valuable resources to assist in caring for Highmark Health Options and Highmark Health Options Duals members.

Screening and Follow-Up

Effective depression screening uses standardized assessment instruments that have been validated for the appropriate patient population.⁵ Utilizing these tools is a crucial first step in identifying Highmark Health Options and Highmark Health Options Duals members who may benefit from further assessment and intervention.

Eligible screening instruments with thresholds for positive findings for depressive disorders include:

Instruments for Adolescents (≤17 years) ⁶	Positive Finding
Patient Health Questionnaire (PHQ-9) [®]	Total score ≥10
Patient Health Questionnaire Modified for Teens (PHQ-9M) [®]	Total score ≥10
Patient Health Questionnaire-2 (PHQ-2) ^{®1}	Total score ≥3
Beck Depression Inventory-Fast Screen (BDI-FS) ^{®1,2}	Total score ≥8
Center for Epidemiologic Studies Depression Scale–Revised (CESD-R)	Total score ≥17
Edinburgh Postnatal Depression Scale (EPDS)	Total score ≥10
PROMIS Depression	Total score (T Score) ≥60

Instruments for Adults (18+ years) ⁶	Positive Finding
Patient Health Questionnaire (PHQ-9) [®]	Total score ≥10
Patient Health Questionnaire-2 (PHQ-2) ^{®1}	Total score ≥3
Beck Depression Inventory-Fast Screen (BDI-FS) ^{®1,2}	Total score ≥8
Beck Depression Inventory (BDI-II)	Total score ≥20
Center for Epidemiologic Studies Depression Scale-Revised (CESD-R)	Total score ≥17
Duke Anxiety-Depression Scale (DUKE-AD) ^{®2}	Total score ≥30
Geriatric Depression Scale Short Form (GDS) ¹	Total score ≥5
Geriatric Depression Scale Long Form (GDS)	Total score ≥10
Edinburgh Postnatal Depression Scale (EPDS)	Total score ≥10
My Mood Monitor (M-3) [®]	Total score ≥5
PROMIS Depression	Total score (T Score) ≥60
Clinically Useful Depression Outcome Scale (CUDOS)	Total score ≥31

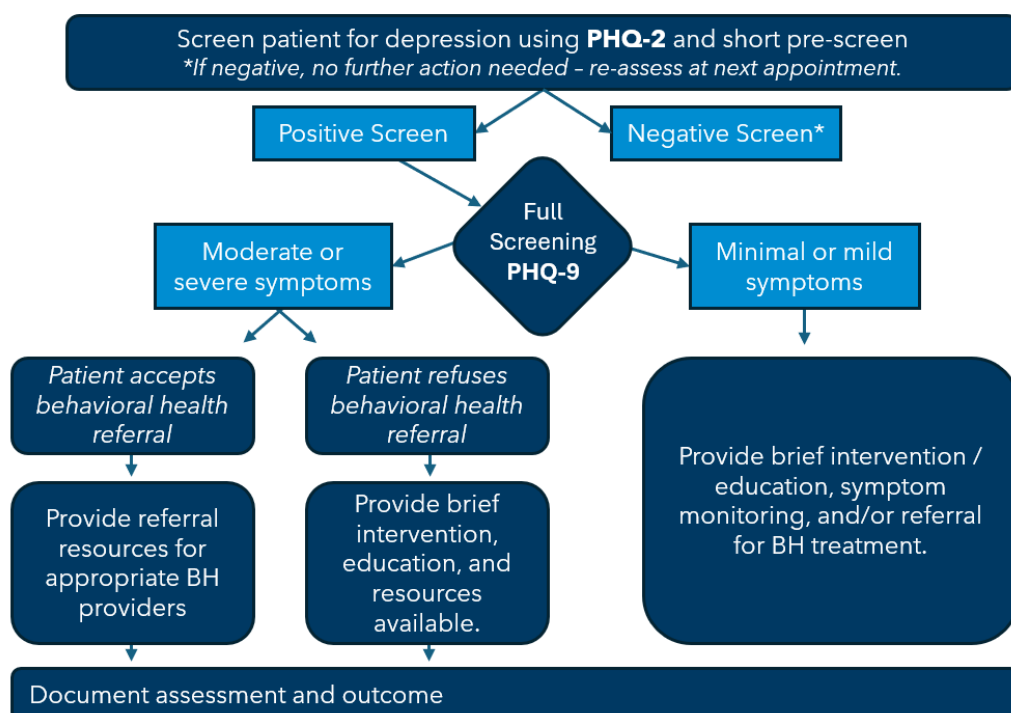
Members with a positive depression screening result should receive follow up care within 30 days.⁷ Providers should use brief intervention and referral resources contained within this guide to facilitate this.

“Follow Up” is defined as:

- An outpatient, telephone, e-visit or virtual check-in follow-up visit with a diagnosis of depression or other behavioral health conditions.
- A behavioral health encounter, including assessment, therapy, collaborative care or medication management.
- A dispensed antidepressant medication.
- A depression case management encounter that documents assessment for symptoms of depression or a diagnosis of depression or other behavioral health condition.
- Documentation of additional depression screening on a full-length instrument indicating either no depression or no symptoms that require follow-up (such as, negative screen) on the same day as a positive screen on a brief screening instrument.⁸
- Document in the medical record the encounter date of a referral, or the need for further evaluation, if the screening for depression is positive. Implement a call back program for reaching out to patients with positive screens to keep engagement.

Depression Screening Workflow

To guide providers in identifying, assessing, and connecting patients to appropriate referrals and resources for depression management, please refer to the following workflow diagram⁹:



Brief Intervention/Motivational Interviewing

Highmark Health Options and Highmark Health Options Duals encourage providers to utilize Motivational Interviewing (MI) when working with patients who screen positive for depressive disorders. [Motivational Interviewing](#) (MI) is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion. This approach helps decrease barriers and increase readiness for positive change.¹⁰

Special Populations

Maternity

The American College of Obstetricians and Gynecologists (ACOG) recommend depression screening for everyone receiving prenatal, postpartum, and well-woman care.¹¹ Screening is specifically recommended at the following times: ¹²

- At least once during pregnancy
- At the 6-week postpartum obstetrical visit
- At the 1-month, 2-month, 4-month, and 6-month pediatric visit

Patients may hesitate to discuss mental health challenges during prenatal and postnatal periods due to stigma. To encourage open communication, Highmark Health Options and Highmark Health Options Duals recommend using an inclusive and strengths-based approach, emphasizing these key talking points with patients: ¹³

- Mood changes are common during pregnancy and after giving birth
- The practice screens every woman during pregnancy and the postpartum period as part of routine care
- The practice cares for the whole woman, beyond just physical health
- These conditions are treatable, and support is available

Pediatric

Depression in children and adolescents requires careful attention, as it can significantly affect their developmental trajectories. The U.S. Preventive Services Task Force (USPSTF) recommends screening for major depressive disorder (MDD) in adolescents aged 12 to 18 years, emphasizing the need for adequate systems to ensure accurate diagnosis, effective treatment, and appropriate follow-up.¹⁴

Depression in children and adolescents is strongly associated with:¹⁵

- Recurrent depression in adulthood
- Other mental disorders
- Family conflicts and relationship difficulties
- Increased risk for suicidal ideation, suicide attempts, and suicide completion
- Alcohol and substance use struggles
- Academic problems
- Increased risk of youth incarceration or involved in the criminal justice system

Common risk factors for depression in adolescents include:¹⁶

- Family history of depression in parents or siblings
- Having been the victim or witness of violence (e.g., physical or sexual abuse)
- Issues that negatively impact self-esteem, such as obesity, peer problems, long-term bullying or academic difficulties
- Having other mental health conditions (e.g., bipolar disorder, anxiety disorder, personality disorders, anorexia, or bulimia)
- Youth in the LGBTQIA+ communities (who may experience additional stressors)

Treatment Options

Depression treatment options are diverse, tailored to a patient's individual needs, preferences, and strengths. Levels of care vary in intensity, time commitment, location, and specific therapeutic approaches. The primary goal is to identify the least intensive yet most effective level of care that ensures patient safety, meets their treatment needs, and provides optimal support.¹⁷

Outpatient (OP)

Outpatient treatment encompasses individual, family/couples, psychiatry, and at times group psychotherapy. While frequency varies, therapy sessions typically occur 2-4 times per month, with psychiatry visits often less frequent (e.g., once a month). OP therapy is suitable for individuals with mild to moderate depressive symptoms who seek to improve their overall well-being.

- Telehealth options are also available at the OP level of care. Providers can utilize videoconference technology to deliver mental health services, offering increased accessibility for individuals facing time constraints, transportation issues, lack of local providers, or childcare challenges.¹⁸

Intensive Outpatient (IOP)

IOP typically involves 3 days per week of multidisciplinary, group-based treatment, often serving as a step-down from a PHP level of care. These programs usually run for

about 3 hours per day.¹⁹ Patients in IOP are generally able to function adequately in their daily lives (work, school, home) but require additional structured support.

Partial Hospitalization (PHP)

PHP is often referred to as "day treatment," PHP offers intensive treatment for 4-5 days per week, usually 5-6 hours each day.²⁰ Patients return home in the evenings. PHP commonly combines individual and group-based therapy and is ideal for those needing a higher level of care without requiring round-the-clock supervision.

Residential Treatment

This level of care provides 24-hour support within a structured, often community-based environment. It enables individuals to receive intensive therapy and medication management while residing in a facility, with the aim of stabilizing their mental health and developing skills for independent living.

- Residential treatment is often recommended for individuals with a history of mental health care who have not made significant progress in less intensive levels of care.
- The average length of stay typically ranges from 30 to 90 days, depending on individual progress.
- Patients receive comprehensive treatment from a multidisciplinary team during their stay.²¹

Inpatient Treatment

Inpatient psychiatric hospitalization represents the highest level of mental health care, generally following an emergency department evaluation. The primary goal is patient stabilization, involving round-the-clock supervision. This level of care includes medical monitoring, medication management, group and individual therapy, family therapy, and recreational activities.²²

Medications for Treatment

Medications often play an important role in treating mental disorders and conditions, frequently used in combination with other treatments, such as [psychotherapy](#). Antidepressants are the preferred medications used to treat [depression](#).²³

Commonly prescribed types and names of antidepressants include:²⁴

- Selective serotonin reuptake inhibitors (SSRIs)
 - *Prozac, Zoloft, Celexa, Lexapro*
- Serotonin-norepinephrine reuptake inhibitors (SNRIs)
 - *Effexor, Cymbalta, Pristiq*

- Norepinephrine-dopamine reuptake inhibitors (NDRIs)
 - *Wellbutrin, Zyban*
- Tetracyclic antidepressants
 - *Remeron, Mianserin, Ludiomil*
- Tricyclic antidepressants
 - *Doxepin, Amitriptyline, Norpramin*
- Phenylpiperazine antidepressants
 - *Trazodone*
- Monoamine oxidase inhibitors
 - *Marplan, Nardil, Parnate*

Please note: Information about medications is updated frequently. For the latest information, warnings, and approved medications, please refer to the [U.S. Food and Drug Administration \(FDA\) has Medication Guides](#) ²⁵

Billing and Coding

Member Eligibility

Highmark Health Options and Highmark Health Options Duals reimburse eligible providers for specific depression screening and related assessment services when provided to DE Medicaid and DE Medicare D-SNP members. The procedure codes listed below are consistent across all provider types:

Line of Business (LOB)	Procedure Code	Description
DE Medicaid DE Medicare D-SNP	96127	Brief Emotional / Behavioral Assessment screening less than 5 minutes. Approved to be billed at each patient's visit when medically necessary.
DE Medicare DSNP	G0444	Annual Depression Screening
DE Medicaid DE Medicare D-SNP	96160	Health Risk Assessment

Training and Education Opportunities

Name	Description	Cost
Highmark Health Options and Highmark Health Options Duals	Virtual live webinar options on mental health include: • Co-Occurring Disorders • General Mental Health • Cultural Competency for Behavioral Health Professionals • Words Matter: Stigmatizing Language in Behavioral Health Contact Shannen Lauffer (Shannen.lauffer@highmark.com) to schedule a live virtual training.	Free 1 hour live virtual webinars. No CEs offered
Adult Mental Health First Aid (MHFA)	Virtual live webinar, Mental Health First Aid is an evidence-based, national program focused on early-intervention that teaches participants about mental health and substance use challenges.²⁶ Topics include: • Depression and mood disorders • Anxiety disorders • Trauma and psychosis • Substance use disorders Contact Shannen Lauffer (Shannen.lauffer@highmark.com) or Rachel Shuster (rachel.shuster@highmark.com) to schedule a live virtual training.	\$24.99 cost per participant for training material
Mindspring Mental Health Alliance	MindSpring Mental Health Alliance offers evidence-based mental health education, support, and advocacy programs, available to both community members and providers. Click here to learn more today. ²⁷	Free 1 hour live virtual webinars. No CEs offered
Depression and Bipolar Support Alliance (DBSA)	The Depression and Bipolar Support Alliance (DBSA) partners to provide educational courses and materials for clinicians. These opportunities aim to support and enhance quality mental health care. Click here to learn more today. ²⁸	Free course. CME/ CEUs offered.

Referral Resources

Important Crisis Information: Any patient identified as having a mental health condition should be provided education regarding the 988 Suicide & Crisis Lifeline in the event of a mental health crisis, as well as their local crisis phone number.

Finding the right behavioral health treatment and services can be a crucial step. Highmark Health Options and Highmark Health Options Duals offer various resources to assist members and covers the treatment for Depressive disorders for Medicare D-SNP and Medicaid members including:

- Inpatient
- Outpatient
- Outpatient therapy and groups
- Medication Management

For detailed information on covered medications, including any limits, special pharmacies, or requirements, providers and members can refer to the Delaware Highmark Health Options Formularies (Drug Lists):

- DE Medicaid: [Medicaid Pharmacy Benefits | Highmark Health Options DE](#)
- DE SNP: [Medicare Medication Benefits | Highmark Health Options DE](#)

Providers can access benefit information for patients here:

- Medicaid: [Medicaid Benefits and Programs | HHO DE](#)
- Medicare D-SNP: [Medicare Benefits and Programs | HHO DE](#)

The Highmark Health Options and Highmark Health Options Duals Provider Directory has participating providers for the treatment of depressive disorders and other behavioral health treatment here:

- Medicaid Provider Directory: [Find Care - Delaware](#)
- Medicare D-SNP Provider Directory: [Find Care - Delaware](#)

Providers can refer a member to case management services for additional assistance in accessing care/ treatment here:

- **Medicaid:** Monday through Friday 8 a.m.- 8p.m.
 - Member Services: [1-844-325-6251](#) TTY: 711
 - LTSS: [1-855-401-8251](#) TTY: 711
- **Medicare D-SNP:** Monday through Friday 8 a.m.- 8p.m.
 - Duals Member Services: [1-855-401-8251](#) TTY: 711
 - Duals Select Member Services: [1-844-722-5837](#) TTY: 711

Once your patient has identified a pathway to treatment that they would like to pursue, there are several resources available to assist in locating services in their area. These include national, state and local resources that can assist in locating services.

Provider Resources

Name	Description	Contact
Postpartum Support International (PSI) Perinatal Psychiatric Consultation Program ³⁰	The consultation program is available for medical professionals who are prescribers and have questions about mental health care related to pregnant and postpartum patients and pre-conception planning. This consultation service is available for medical prescribers only. The Perinatal Psychiatric Consultation Program is staffed by experts in the field of psychiatry who are members of PSI and specialists in the treatment of perinatal mental health disorders. The service is free and available by appointment.	Perinatal Psychiatric Consultation Program Postpartum Support International (PSI)
The Delaware Child Psychiatry Access Program (DCPAP) ³¹	The program offers resources, guidance, and consultation with a child and adolescent psychiatrist or behavioral health team member, DCPAP is a provider-to-provider service	Call or text: 302-513-0929 Or submit a service request: Delaware Child Psychiatry Access Program (DCPAP) Providers and Community Partners Delaware Thrives

National Resources

Name	Description	Contact
Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline ³²	Provides referrals to local treatment facilities, support groups, and community-based organizations 24 hours a day, 7 days a week, every day of the year.	1-800-662-HELP (4357)
National Treatment Locator ³³	Confidential and anonymous resource for persons seeking treatment for mental and substance use disorders.	https://www.findtreatment.gov/
Suicide and Crisis Lifeline ³⁴	Free and confidential support for people in distress, 24 hours a day, 7 days a week. Also offers specialized services for individuals who are deaf or hearing impaired, those who prefer to communicate in Spanish and military Veterans. ²⁹	Call or Text 988
The JED Foundation ³⁵	Nonprofit agency that provides education, training, and resources for teens and young adults on mental health.	How to Get Help The Jed Foundation
The Trevor Project ³⁶	The Trevor Project is a suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. They provide information & support to LGBTQ+ young people 24/7, all year round via chat, text or telephone.	24/7 Suicide Hotline for LGBTQ Youth - We're here for you Now 1-866-488-7386
National Maternal Mental Health Hotline ³⁷	The National Maternal Mental Health Hotline provides free, confidential mental health support. Pregnant women, moms, and new parents can call or text any time, every day.	National Maternal Mental Health Hotline MCHB 1-833-TLC-MAMA (1-833-852-6262)

Delaware Statewide Resources

Name	Description	Contact
Delaware 211 ³⁸	Delaware 211 connects individuals and families to the health and human service organizations they need throughout the state. Available to all people of all income levels and cultural backgrounds, the team consists of Delaware-based resource specialists.	• Call 2-1-1 • Text your zip code to 989-211 • Online Chat is also available at Crisis Services Delaware 211
State of Delaware's Suicide Intervention Hotlines ³⁹	24/hour free and confidential suicide intervention hotline, specific to area of location within the state of Delaware as well as a child and adolescent specific hotline.	Northern Delaware Hotline, Call: 800-652-2929 Southern Delaware Hotline, Call: 800-345-6785 Child & Adolescents Hotline, Call: 800-969-4357
Division of Substance Abuse and Mental Health (DSAMH) ⁴⁰	Delaware Health and Social Services: DSAMH is the state agency responsible for overseeing public mental health and substance abuse services in Delaware. Their website provides information on services, providers, and resources	https://dhss.delaware.gov/dhs/dsamh/
Mental Health Association in Delaware (MHA in DE) ⁴¹	This organization works to promote mental wellness, provide support to those affected by mental health conditions, and advocate for system improvements. They offer peer support, information, and referral services.	302-654-6833 information@mhainde.org

Works Cited

- 1.** National Institute of Mental Health, "Depression," accessed July 14, 2026, <https://www.nimh.nih.gov/health/publications/depression>.
- 2.** Mental Health America, "Quick Facts and Statistics about Mental Health," accessed July 14, 2026, <https://mhanational.org/resources/quick-facts-and-statistics-about-mental-health/>.
- 3.** American Psychiatric Association, *Diagnostic and Statistical Manual of Mental Disorders*, 5th ed., text rev. (Washington, DC: American Psychiatric Association Publishing, 2022), <https://doi.org/10.1176/appi.books.9780890425787>; National Institute of Mental Health, "Depression."
- 4.** U.S. Preventive Services Task Force, "Depression and Suicide Risk in Children and Adolescents: Screening," October 11, 2022, <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/screening-depression-suicide-risk-children-adolescents>; U.S. Preventive Services Task Force, "Depression and Suicide Risk in Adults: Screening," June 20, 2023, <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/screening-depression-suicide-risk-adults>.
- 5.** American Psychological Association, "Depression Assessment Instruments," accessed July 14, 2026, <https://www.apa.org/depression-guideline/assessment/>.
- 6.** National Committee for Quality Assurance, *HEDIS Measurement Year 2026, Volume 2: Technical Specifications for Health Plans* (Washington, DC: National Committee for Quality Assurance, 2026), "Depression Screening and Follow-Up for Adolescents and Adults"; see also the applicable instrument scoring manuals.
- 7.** National Committee for Quality Assurance, "Depression Screening and Follow-Up for Adolescents and Adults," accessed July 14, 2026, <https://www.ncqa.org/report-cards/health-plans/state-of-health-care-quality-report/depression-screening-and-follow-up-for-adolescents-and-adults-dsf-e/>.
- 8.** National Committee for Quality Assurance, *HEDIS Measurement Year 2026, Volume 2: Technical Specifications for Health Plans*, "Depression Screening and Follow-Up for Adolescents and Adults."
- 9.** U.S. Preventive Services Task Force, "Depression and Suicide Risk in Children and Adolescents: Screening"; U.S. Preventive Services Task Force, "Depression and Suicide Risk in Adults: Screening"; National Committee for Quality Assurance, "Depression Screening and Follow-Up for Adolescents and Adults."

- 10.** William R. Miller and Stephen Rollnick, *Motivational Interviewing: Helping People Change*, 3rd ed. (New York: Guilford Press, 2013).
- 11.** American College of Obstetricians and Gynecologists, "Screening and Diagnosis of Mental Health Conditions during Pregnancy and Postpartum," Clinical Practice Guideline No. 4, June 2023, <https://www.acog.org/clinical/clinical-guidance/clinical-practice-guideline/articles/2023/06/screening-and-diagnosis-of-mental-health-conditions-during-pregnancy-and-postpartum>.
- 12.** Marian F. Earls et al., "Incorporating Recognition and Management of Perinatal Depression into Pediatric Practice," *Pediatrics* 143, no. 1 (2019): e20183259, <https://doi.org/10.1542/peds.2018-3259>.
- 13.** American College of Obstetricians and Gynecologists, "Patient Screening," accessed July 14, 2026, <https://www.acog.org/programs/perinatal-mental-health/patient-screening>.
- 14.** U.S. Preventive Services Task Force, "Depression and Suicide Risk in Children and Adolescents: Screening."
- 15.** U.S. Preventive Services Task Force, "Depression and Suicide Risk in Children and Adolescents: Screening"; National Committee for Quality Assurance, "Depression Screening and Follow-Up for Adolescents and Adults."
- 16.** U.S. Preventive Services Task Force, "Depression and Suicide Risk in Children and Adolescents: Screening."
- 17.** American Psychological Association, Clinical Practice Guideline for the Treatment of Depression across Three Age Cohorts (Washington, DC: American Psychological Association, 2019), <https://www.apa.org/depression-guideline/guideline.pdf>.
- 18.** Courtney Sump et al., "Telehealth for Pediatric Patients: Facilitators, Barriers, and Impact on Disparities," *Joint Commission Journal on Quality and Patient Safety* 51, no. 10 (2025): 632–41; Health Resources and Services Administration, *State of the Behavioral Health Workforce, 2025* (Rockville, MD: National Center for Health Workforce Analysis, 2025), <https://bhw.hrsa.gov/sites/default/files/bureau-health-workforce/data-research/Behavioral-Health-Workforce-Brief-2025.pdf>.
- 19.** Molly Schiffer, "Understanding Levels of Care in Mental Health Treatment," *Anxiety and Depression Association of America*, September 20, 2023, <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer-professional/understanding-levels-care-mental>.

- 20.** Schiffer, "Understanding Levels of Care in Mental Health Treatment."
- 21.** Schiffer, "Understanding Levels of Care in Mental Health Treatment."
- 22.** Schiffer, "Understanding Levels of Care in Mental Health Treatment"; 42 C.F.R. § 424.14 (2026), <https://www.ecfr.gov/current/title-42/chapter-IV/subchapter-B/part-424/subpart-B/section-424.14>.
- 23.** National Institute of Mental Health, "Mental Health Medications," accessed July 14, 2026, <https://www.nimh.nih.gov/health/topics/mental-health-medications>.
- 24.** National Institute of Mental Health, "Mental Health Medications"; U.S. Food and Drug Administration, "Medication Guides," accessed July 14, 2026, <https://www.accessdata.fda.gov/scripts/cder/daf/index.cfm?event=medguide.page>.
- 25.** U.S. Food and Drug Administration, "Medication Guides."
- 26.** National Council for Mental Wellbeing, "Mental Health First Aid," accessed July 14, 2026, <https://www.mentalhealthfirstaid.org/>.
- 27.** Mindspring Mental Health Alliance, "Who We Are," accessed July 14, 2026, <https://www.mindspringhealth.org/about-us/who-we-are>.
- 28.** Depression and Bipolar Support Alliance, "Training for Clinicians," accessed July 14, 2026, <https://www.dbsalliance.org/education/clinicians/training-for-clinicians/>.
- 29.** 988 Suicide & Crisis Lifeline, "Get Help," accessed July 14, 2026, <https://988lifeline.org/get-help/>.
- 30.** Postpartum Support International, "Perinatal Psychiatric Consultation Program," accessed July 14, 2026, <https://postpartum.net/professionals/perinatal-psychiatric-consultation/>.
- 31.** Delaware Thrives, "Delaware Child Psychiatry Access Program," accessed July 14, 2026, <https://dethrives.com/providers-and-community-partners/dcpap>.
- 32.** Substance Abuse and Mental Health Services Administration, "National Helpline for Mental Health, Drug, and Alcohol Issues," accessed July 14, 2026, <https://www.samhsa.gov/find-help/helplines/national-helpline>.
- 33.** Substance Abuse and Mental Health Services Administration, "FindTreatment.gov," accessed July 14, 2026, <https://www.findtreatment.gov/>.
- 34.** 988 Suicide & Crisis Lifeline, "Get Help."

- 35.** JED Foundation, "How to Get Help," accessed July 14, 2026, <https://jedfoundation.org/mental-health-resource-center/how-to-get-help/>.
- 36.** Trevor Project, "Get Help," accessed July 14, 2026, <https://www.thetrevorproject.org/get-help/>.
- 37.** Health Resources and Services Administration, "National Maternal Mental Health Hotline," accessed July 14, 2026, <https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline>.
- 38.** Delaware 211, "Crisis Services," accessed July 14, 2026, <https://delaware211.org/get-help/crisis-services/>.
- 39.** Delaware Department of Health and Social Services, "Crisis Intervention," accessed July 14, 2026, <https://dhss.delaware.gov/dsamh/division-of-substance-abuse-and-mental-health/crisis-intervention/>; Delaware Department of Services for Children, Youth and Their Families, "Crisis Help," accessed July 14, 2026, <https://kids.delaware.gov/services/crisis-help/>.
- 40.** Delaware Department of Health and Social Services, "Division of Substance Abuse and Mental Health," accessed July 14, 2026, <https://dhss.delaware.gov/dsamh/>.
- 41.** Mental Health Association in Delaware, "Mental Health Association in Delaware," accessed July 14, 2026, <https://www.mentalhealthde.com/>.

Highmark BCBSO Health Options Inc. d/b/a Highmark Health Options is an independent licensee of the Blue Cross Blue Shield Association. Highmark BCBSO Inc. d/b/a Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross Blue Shield Association. Highmark Health Options Duals is offered by Highmark Blue Cross Blue Shield.