

Resource Guide for BCBSRI Adult Members Last Updated 11/10/2025

Need assistance? The BCBSRI Behavioral Health Case Management Team is available to assist in finding resources at (401) 459-CARE.

Provider	Contact Information	Program Information	Line of Business	Mental Health	Substance Use	Virtual (Local)	Virtual (National)	Local
BH Link	401-414-LINK 24x7 assistance in person or via phone	A 24/7 clinical triage line and a community walk-in facility to immediately connect individuals with behavioral health services and recovery support.	Commercial	✓	✓			✓
CODAC BH Opioid Center of Excellence	401-490-0716 24/7 assistance	Medication-assisted treatment for individuals with opioid use disorders, along with care coordination and counseling	Commercial		✓			✓
Dementia Care Coordination	617-393-2130 Direct Referral Secure Voicemail	Administered in partnership with the Alzheimer's Association and designed to assist caregivers in managing Alzheimer's disease and related dementias. The focus is on providing the caregiver with strategies and resources to increase their chance of success in caring for their loved one in the home.	Commercial Medicare	✓				✓
Equip	866-858-9125 equip.health	An outpatient program for eating disorder treatment that offers services to individuals and their families through a secure telehealth platform. This program is available to residents of Rhode Island (RI) aged 624 who have been diagnosed with an eating disorder.	Commercial	✓		✓		
Headway	headway.co	Provider group that delivers quality mental health care by connecting members with providers quickly and efficiently based on the geographic location, demographic information, care delivery preferences and diagnosis/concern	Commercial Medicare	✓	✓			✓
HealthPath	401-415-8868	Comprehensive home or community-based care for adults requiring more intensive services, those at risk of hospitalization, or individuals recently discharged from the hospital to aid in their recovery.	Commercial Medicare	✓	✓			✓
Lifescape Health	401-485-6237	Provides urgent access to psychiatric and therapeutic sessions along with continuous care.	Commercial Medicare	✓				✓
NOCD	treatmyocd.com	Provides virtual individual therapy, assessment, and treatments like Exposure Response Prevention (ERP), Habit Reversal Training (HRT), and Cognitive Behavioral Therapy (CBT) for individuals aged 5+ diagnosed with OCD and related disorders.	Commercial	✓			✓	
Peer Recovery Coaching	Contact BCBSRI for referral info 1-800-274-2958	Peer coaches aid members with substance use or mental health issues in navigating and accessing services.	Commercial Medicare	✓	✓			✓
Pelago	877-349-7755 pelagohealth.com	Virtual substance use management provider that supports adults with personalized substance use management and treatment services	Commercial		✓		✓	
Polaris Counseling & Consulting	401-349-4269 www.polarisri.com	Provides urgent access to psychiatric and therapeutic sessions along with continuous care for members aged 12 and older.	Commercial Medicare	✓				✓
Providence Behavioral Health Associates	401-369-9224 providencebehavioral.org	Provides urgent access to psychiatric and therapeutic sessions along with continuous care.	Commercial Medicare	✓				✓
RICBT	401-294-0451 ricbt.com	Provides urgent access to psychiatric and therapeutic sessions along with continuous care.	Commercial Medicare	✓				✓
South County Psychiatry	401-268-5333 southcountypsychiatryri.com	Provides urgent access to psychiatric and therapeutic sessions along with continuous care.	Commercial Medicare	✓				✓

This information is not representative of a member's entire benefit package. Please contact BCBSRI for additional behavioral health benefits available to our members. Verification of a member's benefits before offering treatment options is advised.

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Resource Guide for BCBSRI Youth Members Last Updated 11/10/2025

Need assistance? The BCBSRI Behavioral Health Case Management Team is available to assist in finding resources at (401) 459-CARE.

Provider	Contact Information	Program Information	Line of Business	Mental Health	Substance Use	Virtual (Local)	Virtual (National)	Local
Be Collaborative Care, Inc.	401-262-0841 becollaborativecare.com	Provides individual and group therapy, family assistance, and nutritional support. Intensive Outpatient Program (IOP) available for individuals aged 18 and older.	Commercial	✓				✓
Bradley Hospital	401- 432-1119 www.brownhealth.org	Provides urgent access to psychiatric and therapeutic sessions along with continuous care.	Commercial	✓				✓
Child and Family Intensive Treatment (CFIT)	Contact BCBSRI for referral information 1-800-274-2958	Provides therapy for individuals, groups, and families; medication consultation and management; supportive services at home or in the community; and case management for at-risk children with moderate to severe psychiatric symptoms.	Commercial	✓	✓			✓
Lifescence Health	401-485-6237	Provides urgent access to psychiatric and therapeutic sessions along with continuous care.	Commercial Medicare	✓				✓
Equip	866-858-9125 equip.health	An outpatient program for eating disorder treatment that offers services to individuals and their families through a secure telehealth platform. This program is available to residents of Rhode Island (RI) aged 6-24 who have been diagnosed with an eating disorder.	Commercial	✓		✓		
Headway	headway.co	Provider group that delivers quality mental health care by connecting members with providers quickly and efficiently based on the geographic location, demographic information, care delivery preferences and diagnosis/concern	Commercial Medicare	✓	✓	✓	✓	
InStride Health	Instride.Health	A virtual program for treating pediatric anxiety and OCD in ages 7-22. It involves close collaboration with a multidisciplinary care team, parents, pediatrician, and the patient's school to ensure lasting progress. Provides 24/7 on-call support and crisis intervention.	Commercial	✓		✓		
Kids' Link RI	1-855-543-5465 24/7 assistance via phone	A 24/7 clinical triage line providing children and youth with access to care and resources during behavioral health crises.	Commercial	✓	✓			✓
NOCD	treatmyocd.com	Provides virtual individual therapy, assessment, and treatments like Exposure Response Prevention (ERP), Habit Reversal Training (HRT), and Cognitive Behavioral Therapy (CBT) for individuals aged 5+ diagnosed with OCD and related disorders.	Commercial	✓			✓	
Peer Recovery Coaching	Contact BCBSRI for referral info 1-800-274-2958	Peer coaches aid members with substance use or mental health issues in navigating and accessing services.	Commercial Medicare	✓	✓			✓
Pelago	877-349-7755 pelagohealth.com	Virtual substance use management provider that supports teenagers 15 years or older for alcohol use disorders and 16 years or older for opioid use with personalized substance use management and treatment services	Commercial		✓	✓	✓	
Providence BH Associates	401-369-9224 providencebehavioral.org	Provides urgent access to psychiatric and therapeutic sessions along with continuous care.	Commercial Medicare	✓				✓
Polaris Counseling & Consulting	401-349-4269 www.polarisri.com	Provides urgent access to psychiatric and therapeutic sessions along with continuous care for members aged 12 and older.	Commercial Medicare	✓				✓
RICBT	401-294-0451 ricbt.com	Provides urgent access to psychiatric and therapeutic sessions along with continuous care.	Commercial Medicare	✓				✓
South County Psychiatry	401-268-5333 southcountypsychiatryri.com	Provides urgent access to psychiatric and therapeutic sessions along with continuous care.	Commercial Medicare	✓				✓

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