

# Tools You Can Use Right Now



Waiting for your first visit with a behavioral health (BH) provider can be hard when all you want is to feel better. There are some things you can do right now to help get started. You can continue using these tools while you are getting other BH or medical services. [Read on to learn about self-guided treatment tools for Reliant patients.](#)

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## What is self-guided treatment?

Self-guided treatment is something that you do on your own to help you feel better. It is often an online or app-based version of a therapy.

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## Does self-guided treatment really work?

Scientific research has shown that self-guided treatment works well. These tools can help with depression, anxiety, and other conditions. Reliant has used all of these tools with our patients to ensure they may be helpful for you.

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## What self-guided treatments might I try?

Reliant partners with several companies that know how to pinpoint exactly which digital tools can help you as well as (or even better than) in-person treatment. These might include virtual reality for social anxiety or an app that trains you to meditate for stress relief. Your provider will help match you with the right digital tool.

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## What's next for me?

If you talked about self-guided treatment during your visit, use the app or tool recommended by your clinician. If not, you can contact your BH provider through MyChart to see if self-directed treatment might be good for you.

## WHO CAN HELP ME IF I HAVE QUESTIONS?

- Reliant Behavioral Health Department: 1-508-856-0732
- Suicide Hotline: 1-800-273-8255
- Emergency Mobile Crisis Line: 1-877-382-1609

## What should I know about costs?

Most behavioral health care services are covered by insurance. Because insurance coverage can vary greatly, please check with your insurance company about your specific plan and costs.



**We're Here When You Need Us.**