BEHAVIORAL HEALTH

Affecting an estimated 1 to 5 American adults each year, behavioral health disorders can be incredibly disabling. That's why we're committed to improving the lives of everyone affected. Working across the continuum of care, our services improve access to care and resources that inspire people to be engaged in their own wellness.

Breaking new ground in behavioral health

Optum is committed to driving better overall health outcomes while bringing down the total cost of care. We connect members to get the right care, at the right time, in the right setting. And we offer tools and support that inspire people to be invested in their own wellness.

Optum has an extensive behavioral health network

190,000+

licensed behavioral health providers

Only 1 in 10 receives treatment for SUD.

Virtually, for a routine appointment.

50%

of adults with a mental illness didn’t receive mental health services.


Implementing early intervention strategies for autism

4,000+

autism/ABA practices

Specialized services

4,000+

Virtual visits

90%

of members are within 5 days.⁴

Engaging and supporting individuals

24%

receive care every 5 days.

21%

behavioral health claims.

Certified peer support specialists work with individuals to design recovery plans based on personal strengths and goals.

HUNDREDS OF RESOURCES

Optum has a recovery library that has over 20,000+ articles, videos, and stories.

Contact an Optum representative for more information or to schedule a meeting.

SUCCESS STORIES

“I have seen my patients’ success stories first-hand, and it’s what makes this work special. The stories encourage us to continue to grow our behavioral health services.”

- Jen, VA Clinical Coordinator

“I feel empowered and ready to care for people who suffer from substance use disorder.”

- Aysia, Peer Support Specialist

“I have had the opportunity to work with hundreds of individuals and see their growth. I’m so happy it’s made a difference in their lives.”

- Scott, Peer Support Specialist