



Don't just get by. Get better.

Whether you're struggling emotionally or just having a bad day, help is waiting.

Get the confidential support you need, 24/7, with the CareFirst Behavioral Health Digital Resource, brought to you by 7 Cups, a global behavioral health company.

To get started, scan the QR code.



7 Cups is an independent company that does not provide Blue Cross Blue Shield products or services.

CareFirst BlueCross BlueShield is the shared business name of CareFirst of Maryland, Inc. and Group Hospitalization and Medical Services, Inc., which are independent licensees of the Blue Cross and Blue Shield Association. BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

SUM5858-1N (11/21)



No se limite a sobrevivir. Mejore.

Ya sea que esté luchando emocionalmente o simplemente tenga un mal día, la ayuda le está esperando.

Obtenga el apoyo confidencial que necesita, las 24 horas del día, los 7 días de la semana, con 7 Cups, una compañía global de salud mental.

Miembros de CareFirst:
Aproveche el acceso premium sin costo.
Escanee el código QR para comenzar .



¿No es afiliado de CareFirst?
El acceso estándar es gratuito para todos. Visite 7Cups.com para obtener más información.