

Provider Bulletin

Molina Healthcare of Washington, Inc.

November 12, 2025

Empower Your Mental Health Journey with Psych Hub & Molina Healthcare of Washington

Molina of Washington, INC. is sharing with you our partnership with Psych Hub an online platform for digital mental health education. Molina members and providers can access Psych Hub's free micro-video library hosts more than 180 consumer-facing, animated videos focused on improving mental health literacy and reducing stigma about seeking care. Currently the videos have subtitles available in English, French, Portuguese, and Spanish.

Key Features:

- **Two Learning Hubs:**
 - **Mental Health Practitioner Hub:** For clinicians and providers
 - **Mental Health Ally Hub:** For educators, first responders, caregivers, and Molina staff
- **Trauma-Informed Care Training**
 - Two-part training series are available through Psych Hub for all Molina providers and subcontractors.
 - Providers are strongly encouraged to complete both modules to strengthen trauma-informed practices across care settings.
 - Includes digital certificates of completion and supplemental materials for integration into staff onboarding and continuing education.
- **Video Library:**
 - Mental health literacy topics: anxiety, ADHD, depression, suicidal ideation, panic attacks, and more
 - Self-help videos: wellness tips, positive self-talk, mindfulness, how to ask for help
 - Clinician resources: compassion fatigue, difficult clinical interactions, building empathy
- **Shareable Guides:**
 - Communication guides for talking about mental health
 - Lived experience guides to reduce stigma
 - Equity resources for BIPOC and LGBTQIA+ communities

How to Access Psych Hub

- Visit: <https://resources.psychhub.com/molina>
- Choose your hub: Provider or Ally
- Explore videos, guides, and resources tailored to your needs

Take the next step in your mental health journey with Psych Hub and Molina Healthcare of Washington!