TUSD EAP Benefits

Employee Assistance Program
844-327-8873
carelonwellbeing.com/tusd

- ✓ **1-3 sessions per member, per problem, per calendar year**
  - Confidential face to face, telephonic or video counseling
- ✓ **Legal & Financial Consultations**
- ✓ **Work/Life Services** (online & phone referrals for childcare, elder care, education, daily living)
- ✓ **Carelon Wellbeing website**

You and your household family members can contact the EAP 24/7, 365, by calling, 844-327-8873 to get referrals for assistance with a variety of issues such as:

- **Anxiety**
- **Depression**
- **Stress management**
- **Marriage and relationship issues**
- **Financial (Budgeting, Taxes, Credit Card Debt)**
- **Parenting skills**
- **Legal issues**
- **Alcohol and/or drug abuse**
- **Finding work/life balance**
- **Improving self-esteem**
- **Finding care for an aging parent**
- **Personal growth and development**

Scan the QR code or visit the website, carelonwellbeing.com/tusd on any device at home or on the go to read articles, take quizzes, view videos, trainings, audio clips, and workbooks for hundreds of topics. You can also search for providers or schedule online.

carelon Behavioral Health