Help is at hand

Get started today by visiting the Carelon Wellbeing website to explore available services, find counselors, and request appointments. You can access these resources anywhere, at any time. You can also read, watch, and listen to well-being content provided by our partners at CredibleMind.



We're here to help

It's easy to connect with us.

Choose the method that's most convenient for you:

Call or text:

844-327-8873

Visit:

carelonwellbeing.com/tusd

Chat with us online or in the app.

Download the app

Privacy is a priority

Your personal information is kept private as required by state and federal laws. No one will know you have accessed the program services unless you grant permission or express a concern that presents a legal obligation to release information (for example, if it is believed you are a danger to yourself or to others).

This brochure is for informational purposes only and does not guarantee eligibility for program services. Carelon Wellbeing services do not replace regular medical care. In an emergency, seek help immediately.

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carelon Behavioral Health



Carelon Wellbeing

Support for better living

We're here for your everyday issues and questions, big or small. Your Carelon Wellbeing benefit offers information, guidance, and support to help you and your family reach your personal and professional goals. This no-cost benefit is offered by your employer and is completely confidential.



You're covered

Professional counseling

Schedule an appointment with a licensed professional counselor for confidential online or in-person sessions during times that work for you — even evenings and weekends. **You and your household members each receive 3 visits per issue per year.**

Choose from a network of caring clinicians who can help with a range of personal and work related issues, including stress, anxiety, depression, relationships, grief, and life transitions.

3

in-person or virtual counseling sessions per issue per year

Legal and financial services

Connect with legal and financial experts for free, private consultations on real estate, financial advice, family law, investing, and planning for the future.

Support for work-life balance

Access resources and receive referrals to help with child and elder care, education, consumer resources, home maintenance, pet care, and daily living.

Health tip

Saying thank you may improve your mood. Researchers have found that gratitude helps you recognize the good in your life, which reduces the likelihood that you'll be sad or depressed.