

Carelton Wellbeing

# Creating a better workplace

## Find guidance

Building an efficient and productive team, managing conflicts, and reaching your professional goals are all in a day’s work. We’re here to help.

### Choose how you want support



Video



Phone



In-person

## Improving the moments that matter

- Steer through workplace changes
- Coach employees through performance issues
- Take steps if an employee is misusing drugs or alcohol or is in danger
- Support your employees by providing crisis intervention during difficult times
- Identify and reach professional goals

All it takes is a single conversation to get things going. You will be matched with an expert who will provide support based on your personal needs.

## Start when you’re ready—it’s easy

**There is no cost to you.** Your employer covers the cost.

**It’s confidential.** Conversations with our expert counselors are private and confidential.

**You will receive support from experts.** You’ll be connected with someone who has been vetted and screened, and is the right fit for you.

**We are ready when you are.** Online resources are available any time of day or night, to get started.



### SERVICES INCLUDE:

**5**  
**no-cost sessions**  
as defined by  
your benefit.

## Contact us

 [www.careltonwellbeing.com/bcbsnc](http://www.careltonwellbeing.com/bcbsnc)  
 877-764-5643

### 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).

