

No cost Just support

Confidential support when you need to talk to someone

Managing stress, depression, or anxiety can feel overwhelming, but you don't have to face these challenges alone. Your Employee Support Services Program provides you and your eligible dependents **three confidential counseling sessions per issue, per person, each year**. Connect with a licensed counselor through convenient online or in-person appointments that fit your schedule.

You have options

You can choose to meet in-person or utilize virtual care through video or telephone. We have a network of diverse, caring clinicians and can help you find the one who is right for you.

In-person counseling

When you prefer to speak with a professional face-to-face, Carelon is here to help. Call Carelon at 888-227-9622, and a representative will help connect you with a licensed counselor in your area.



Virtual counseling

Convenient virtual care options make getting help easier than ever.

- Schedule secure, confidential sessions with licensed counselors in the comfort and privacy of your own home.
- Sessions are available during times that work for you, even evenings and weekends.

Questions about finding the right fit?

We can help you better understand your options and find a clinician that meets your needs. Simply give us a call at 800-227-9622 and we'll help you get started. A licensed Carelon member will find available providers that match your need.

Facts to Know

Life's challenges can affect anyone. Your Employee Support Services Program partners with Carelon to provide free, confidential, short-term support for employees and their eligible dependents, including up to three counseling sessions per person, per issue, each year. If you need help with a different concern, you can access another set of sessions.

carelonwellbeing.com/uawford **800-227-9622**

