



Visit the Carelon EAP website to access articles, videos, podcasts, and other tools that can help you and your loved ones with life's challenges. If you don't know where to start, take an assessment to find resources that meet your unique needs.

Overcoming stigma for better mental health

Fear of judgment and shame often prevent people from seeking help. Don't let the fear of being stigmatized keep you from getting the support you need.

Your EAP benefit offers support and resources at no extra cost. Use it to:

- Access information about mental health concerns.
- Find professional counseling online or in person.
- Learn tips for taking care of yourself.

We are here to help.

To learn more about available resources and find support, contact us today.

bcbsmn3.mybeaconwellbeing.com
(800) 432-5155