



Visit the BCBSMN Carelon Wellbeing 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.

Supporting the LGBTQIA+ community

Although acceptance of the LGBTQIA+ community continues to grow, coming out can be as difficult as it is liberating.

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

- Find help for yourself or someone you know.
- Access emotional health resources.
- Find professional counseling online or in person.
- Learn how to build a support network.
- Create an atmosphere of acceptance.

We are here to help.

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

[BCBSMN3.mybeaconwellbeing.com](https://www.bcbsmn3.mybeaconwellbeing.com)

(800) 432-5155

