



## Mental health and substance use disorder program

You are eligible for mental health and substance use disorder (MHSUD) benefits. The MHSUD program provides counseling and referral services for mental health and/or substance use disorder issues on an inpatient or outpatient basis. Your Carelon Wellbeing benefit provides short-term, solution focused help while MHSUD benefits provide longer-term treatment.

**Office visit \$0; Inpatient Hospital \$0.**



## We are here to help. Any time, day or night.

Call or go online today to take the first step.

[achievesolutions.net/santamonicauhh](https://achievesolutions.net/santamonicauhh)

888-479-6606



### 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.



Carelon Wellbeing

## We're here for life's challenges



## You're covered

We're here for your everyday problems 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 health fund and is completely confidential.

## Digital resources

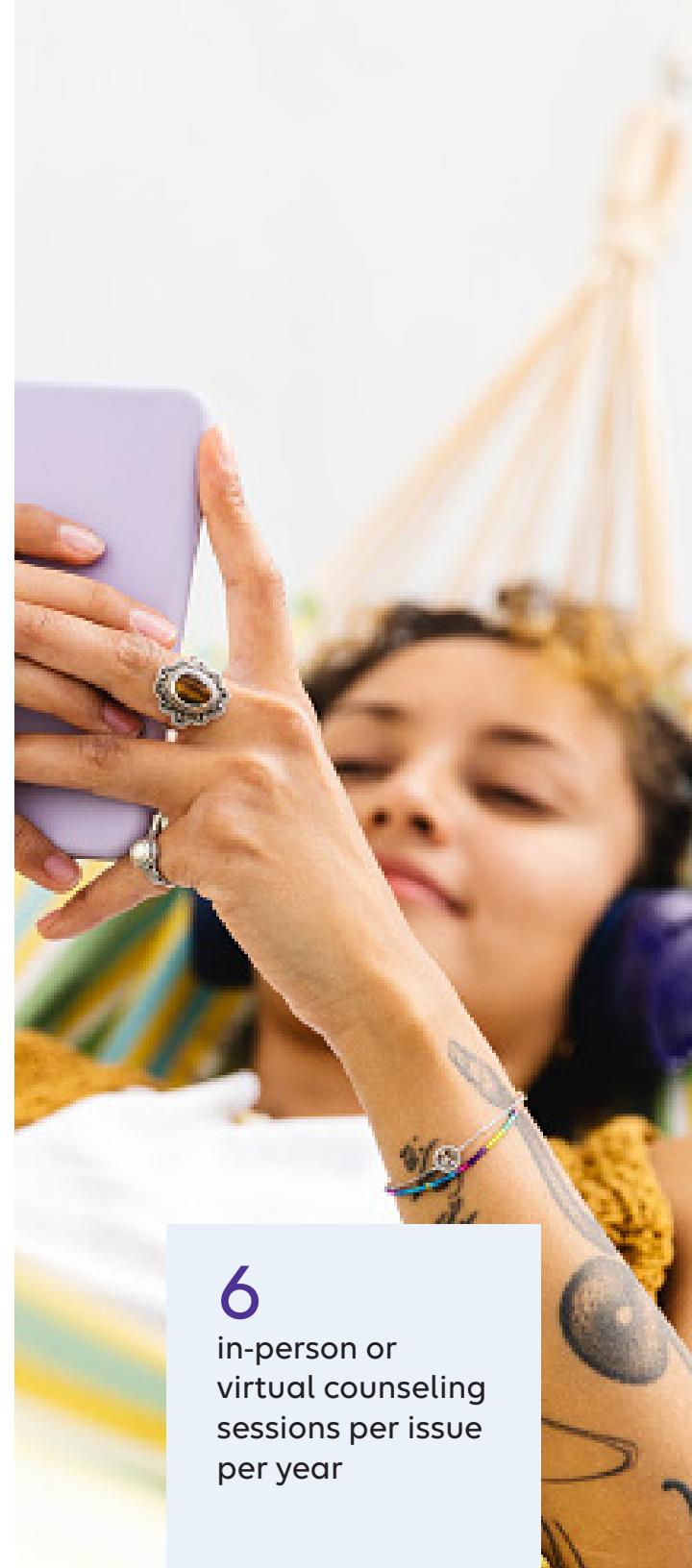
Visit the Carelon Wellbeing website to access articles, videos, podcasts, and other tools that can help you and your loved ones with life's challenges. If you don't know where to start, take an assessment to find resources that meet your unique needs.

## 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 6 visits per issue, per year. Choose from a network of caring clinicians who can help with a range of personal and work related concerns including stress, anxiety, depression, relationships, grief, and life transitions.

## Legal and financial services

You and your family may experience legal and financial hurdles at some point, which can lead to stress and worry. We can help you find discounts on these services and assist you with having a safe, confidential discussion with a legal or financial expert.



**6**

in-person or  
virtual counseling  
sessions per issue  
per year