



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.

1. NAMI.org 2022: [nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American](https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American)

Carelon Wellbeing

Removing barriers to minority mental health

Stigma can create barriers to mental health treatment for minority groups. According to one study, only one in three Black adults receives treatment for mental illness.¹

Your Carelon Wellbeing 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.
- Discover new tools for taking care of yourself.
- Learn how to build a support network.
- Understand how to be an advocate for a loved one.

We are here to help.

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

[FeelGreat.MyBeaconWellBeing.com](https://www.FeelGreat.MyBeaconWellBeing.com)

866-950-7656

