



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.

Carelon Wellbeing

Helping children and adolescents find mental healthcare

Kids need access to mental healthcare just as much as adults. Resources are available to help young people and their families tackle mental health challenges ranging from the simple to the complex.

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

- Learn about mental health related to children and teens.
- Explore parenting tips and tools.
- Understand how to keep your child safe at every age and stage.
- Find guidance on issues like bullying, behavior problems, and substance use.

We are here to help.

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

achievesolutions.net/tusd

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