

# Team Member Life Resources

provided by Carelon Behavioral Health

## We're in your corner

October 10 is World Mental Health Day. It's a good time to consider using your Team Member Life Resources (TMLR) benefits.



TMLR can help you and your household manage everyday problems, connect you to key resources, and improve your relationships. No issue is too big or too small to get started.

The benefits of TMLR include:



Free, confidential counseling by video, phone, or in person.



Assistance finding care for younger or older family members.



One hour of financial consulting to help you with budgeting, tackling debt, and more.



Help with housing, food, and other life issues through free or low-cost community resources.

## How it works

Andrea\* needs help planning for the arrival of a new baby. She is worried about childcare and having enough space in her small apartment. She reaches out to TMLR for support.

- TMLR gives Andrea a list of childcare options and connects her with community resources for low-cost housing.
- She is referred to a financial consultant who can help her with budgeting and saving for the future.
- Andrea also receives five counseling sessions to help her deal with the stress she's experiencing.
- With these helpful resources, she finds a new apartment and daycare near work and public transportation. Andrea feels more secure and optimistic about her new family.

## TMLR is with you every step of the way

Life can be stressful, especially during the busy upcoming holiday season. For support, visit us at [tmlr.mybeaconwellbeing.com](https://tmlr.mybeaconwellbeing.com). You can also call us at **833-919-TMLR (8657)**.

