



Resources at Your Fingertips

SUPPORT FOR YOUR MENTAL HEALTH AND WELL-BEING

Everyday life can cause worry and stress. The Empire Plan mental health and substance use disorder benefit program can help you navigate these challenges.

The Carelon Behavioral Health's easy-to-use website makes finding care simpler than ever as an all-in-one resource to access counseling, customer support and information on benefits and claims. All services are confidential. Our resources include:

- Virtual counseling through video, phone or chat
- Enhanced search to easily find providers
- Direct contact with providers for online intake requests
- Videos, articles, assessments and podcasts on mental health topics
- A user-friendly portal to manage your account



Get Support Today

Chat online

Monday through Friday at:

[www.carelonbh.com/
empireplan/en/home](http://www.carelonbh.com/empireplan/en/home)

Call:

877-769-7447 (Option 3)

Service representatives
are available 24/7.

WE ARE HERE FOR YOU

The Empire Plan partners with Carelon Behavioral Health to provide mental health and substance use disorder benefits. Your benefits can help you find support for:

- Stress
- Depression
- Anxiety
- Family Issues
- Anger
- Substance Use

