



## 24/7 Mental Health Support for You, Family Ages 13+

No matter what you or your loved ones are dealing with, Portico has confidential mental health support at the ready in whichever format is most convenient for you: phone, video or text.



### BY PHONE

Access confidential 24/7 counseling by phone for support with:

- Unexpected life changes
- Stress and anxiety
- Depression
- Family and relationship issues
- Substance use
- Grief

VISIT [Portico.mybeaconwellbeing.com](https://portico.mybeaconwellbeing.com)

CALL **833.413.7678**

Through the Carelon Behavioral Health (formerly Beacon Wellbeing) Employee Assistance Program (EAP) you and family members 13+ are eligible\* to up to **SIX counseling sessions per issue, per year.**

VISIT

[Portico.mybeaconwellbeing.com](https://portico.mybeaconwellbeing.com)

OR CALL  
**833.413.7678**



### NEW: TALKSPACE ONLINE THERAPY

Access confidential 24/7 counseling by phone for support with:

Access licensed counselors from the convenience of your phone or laptop via Talkspace, a leading online therapy service. Regularly message a dedicated therapist via text, voice, or video on the Talkspace platform as life happens — anywhere, anytime. Therapists engage daily, five days a week.

With a provider network growing in diversity and size, Talkspace aims to have providers representative of you and your family where:

- Thirty-two languages are represented;
- 32% of providers are experienced with LGBTQIA+ issues;
- 41% of its providers specialize in adolescent care;
- 33% of providers identify as BIPOC; and
- 27% of providers have experience with veterans' issues.

VISIT [www.talkspace.com/BeaconEAP](https://www.talkspace.com/BeaconEAP)