Mental Health Awareness and You

May is Mental Health Awareness Month, which makes this a good time to pause and consider whether you or someone you know could use a hand. By taking away the stigma and removing the barriers to treatment, Mental Health Month serves as a reminder that help is readily available and accessible.

If you or a family member may be dealing with a mental health issue, contact Beyond Benefits. We’re here 24 hours a day, seven days a week to speak confidentially with you about counseling or offer other resources for mental health care. This service is provided by your employer to you and your household members at no cost.

What happens when I call?

Your call will be answered by a GuidanceConsultant™, who will assess you needs to ensure you get the support you need. If short-term counseling is appropriate, you will be put in touch with a counselor who fits your preferences and schedule. If you need other support, such as legal or financial guidance, you will be put in touch with someone on our staff of experts to answer your questions.