

Yale

Counseling & Support Services
1-800-327-9240

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Managed by Magellan Health Services

Counseling & Support Services is CONFIDENTIAL. Information about your involvement or use of Counseling & Support Services is not shared without your prior knowledge and written permission, except as may be required by law.



Yale

Counseling & Support Services

for Yale employees and their families

1-800-327-9240

24 hours a day, 7 days a week

www.MagellanHealth.com/member



It's All About Balance

A productive and fulfilling life requires both a healthy mind and a healthy body. However, managing the daily demands of work, home and family sometimes can have a negative impact on our overall health and well-being. For many of us, life can become "out of balance," leaving us feeling overwhelmed and stressed. Counseling & Support Services can help.

Support and Resources

Counseling & Support Services offer a wide range of resources and assistance, including unlimited phone support and up to six in-person counseling sessions per issue for you and each household family member—all at no cost to you.

Managed by Magellan Health Services, Counseling & Support Services also provides an array of **confidential** family support benefits, including, but not limited to:

- **Stress management:** Strategies for effectively coping with stress, tips for preventing stress through lifestyle management, signs of stress reactions
- **Referrals for child care and elder care:** Steps for choosing quality child care and elder care, checklists, information to help you define the type of child care or elder care that is right for you and your family
- **Adoption resources and services:** Information about the adoption process, tips for selecting an adoption professional, the advantages and disadvantages of various types of adoption
- **Financial services:** Financial planning starter kit, financial clean-up, controlling credit card debt, applying for financial aid

Visit www.MagellanHealth.com/member or call today for information, referrals and support on topics such as:

Family	Relationship issues
WorkLife balance	Grief and loss
Stress	Depression and anxiety
Health and wellness	Alcohol or drug concerns

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WorkLife balance	Grief and loss
Stress	Depression and anxiety
Health and wellness	Alcohol or drug concerns

Tear off the attached cards and keep them handy for quick and easy access to your program's information, resources and online tools!

- **WorkLife services:** Life event planning, tips for simplifying your life, dealing with the effects of trauma

