



# Take charge of your mental well-being with Cariloop's personalized support.



## Empowering Your Mental Health Journey with Personalized Support

Your mental well-being matters, and we understand the challenges you may face – from anxiety and depression to stress and burnout. Cariloop offers personalized mental health resources and options for you and your loved ones, ensuring you receive the care and support you deserve.

- **Tailored Mental Healthcare Providers:** Vetting and researching mental healthcare providers for the specific needs of your loved ones.
- **Cost Transparency:** Providing insight into the availability and costs of counselors and psychologists, helping you make informed decisions about your mental health care.
- **Curated Self-Guided Supportive Resources:** Exploring a diverse range of self-guided resources, empowering you to take charge of your mental well-being.
- **Virtual and Local Support Groups:** Finding virtual or local support groups to connect you with others who share similar experiences, giving you or your family a strong network of understanding and encouragement.
- **Effective Communication:** Giving guidance on effectively communicating with your loved ones about mental health, fostering a supportive and understanding environment.

You have a Cariloop membership paid for by your employer. All you have to do is activate it.

- 1 Register:** Access our Care Portal to create your account and get started.
- 2 Tell Us Your Needs:** Share your family planning needs with us, so we can understand how best to support you.
- 3 Meet Your Care Coach:** We'll match you with an experienced, licensed/certified Care Coach who will provide personalized assistance throughout your journey.
- 4 Use Our Services:** You can rely on our support as much as you need, for anyone you care for - it's all part of your membership benefits.

Save your time and energy—let our experts support your caregiving needs. Activate your membership now! [Visit your employer's landing page](#) or call 972.325.5836