

Free Mental Health Coaching

Now available to all BeWell subscribers!

Your mental health matters.

BeWell's Mental Health Coaching connects you with certified mental health professionals with advanced degrees, who can help you manage stress, build resilience, and support your mental health, quickly and confidentially.*

Access FREE mental health support:

1. Scan the QR code to login to your BeWell Portal.
2. Complete your Health Assessment.
3. Or call 1-888-263-0209 to learn more.

Coaches can help address:

- Anxiety or depression
- Trauma or grief
- Relationship or family stress
- Alcohol or drug use
- Emotional eating
- Coping with health conditions
- Work-related burnout

*This program does not replace therapy. It's here to support you along the way.



Connect with a Mental Health Coach Today!

Scan our QR code to login to BeWell or call 1-888-263-0209 to learn more.