

Allied Care Solutions

Sometimes, everyday issues
are the hardest ones to manage.



The Allied Care Solutions program is designed to help you manage life's daily challenges.

We can refer you to professional counselors and services that will help you and your eligible family members resolve a broad range of personal concerns, such as: stress; grief; relationship issues; anxiety; depression; or substance abuse.

Support for everyday issues. Every day.

1-800-440-1440

www.alliedbenefit.com/acs.aspx

Username: (zionbenton)

Allied  Care Solutions
BEHAVIORAL HEALTH



Dear Zion Benton Twp. High School Dist. 126 Employee:

Life can be a juggling act. It takes time, and lots of it, to balance work, family and personal challenges. To help you, **Zion Benton Twp. High School District 126** is pleased to announce that they have implemented the Allied Care Solutions program. This valuable benefit offers confidential, professional assistance for problems of concern to you and your immediate family members.

Your benefits through Allied Care Solutions include (but are not limited to) the following:

- **Short-Term Counseling:** Through Allied Care Solutions, Zion Benton employees and benefit-eligible family members may receive up to five (5) in-person sessions with a licensed clinician to address issues such as marriage and family problems, substance abuse, stress, anxiety or other behavioral health concerns.
- **Legal Services:** The Allied Care Solutions program provides free telephonic or (30-minute) face-to-face consultation with a local attorney.
- **Dependent Care Referral Services:** Allied Care Solutions' knowledgeable specialists provide referrals to resources that help address a wide range of issues such as child or elder care, adoption, pet care, home repair, education and housing needs.
- **Financial Services:** Allied Care Solutions provides expert financial planning and consultation through our network of licensed financial counselors.

Please contact Allied Care Solutions prior to accessing mental health or substance abuse services through your benefit plan. By doing so, we can assist you in determining the most appropriate level of care for your particular situation.

- If your situation is appropriate for the program's short-term therapy model, you will be referred to a clinician within the Allied Care Solutions network at no cost to you.
- If your situation requires care beyond the scope of the program, Allied Care Solutions' experienced clinicians will help you find the best treatment option for your individual circumstance. The clinician will also guide you to an in-network provider and walk you through the process of accessing care within the benefit plan.

In addition to in-person and telephonic services, a wide array of resources are available to you on the Allied Care Solutions website. Through this site, you and your family will have access to thousands of articles, tip sheets and videos covering a wide array of behavioral health and work-life topics. The site also contains dependent care search engines, reference libraries, legal and financial resources, self-improvement programs and educational training modules. All requests for information or assistance through the Allied Care Solutions program are free to you and are strictly confidential. You can contact Allied Care Solutions anytime, 24 hours a day, 7 days a week, by using the number below.

how to access allied care solutions

toll-free phone number: 1-800-440-1440

website: www.alliedbenefit.com/acs.aspx

username: zionbenton

Allied Care Solutions

Behavioral Health



Allied Care Solutions is available to Zion Benton High School employees and their immediate family members.

At some point in our lives, each of us faces a problem or situation that is difficult to resolve. When these instances arise, Allied will be there to help. Allied Care Solutions is a company-sponsored resource that helps you deal with life's challenges and the demands that come with balancing home and work. The program provides confidential, professional counseling for a wide array of personal and work-related concerns.

Allied Care Solutions provides confidential, professional referrals and face-to-face counseling for a wide array of personal and work-related concerns, such as:

Stress and Anxiety • Depression • Marriage and Relationship Problems • Grief and Loss • Substance Abuse • Legal Services • Anger Management • Work-Related Pressures • Education Guidance • Child Care Referrals • Financial Planning • Elder and Adult Care Referrals • Family Issues • Identity Theft Recovery

Referrals, Consultation and Other Resources

Whether you are a new parent, a caregiver, selling your home or looking for legal advice, you're likely to need guidance and referrals to expert resources. Allied Care Solutions' work-life specialists are here to help. The program includes the following work-life services:

- **Legal Assist:** Free Telephonic or Face-to-Face Legal Consultation
- **Financial Assist:** Expert Financial Planning and Consultation
- **Family Assist:** Consultation and Referral Services for Daily Living Issues, Such as Dependent Care, Auto Repair, Pet Care and Home Improvement

Web-Based Services

- Scheduled Video, Telephonic and Web Chat Counseling Sessions via the eConnect® Platform
- Thousands of Helpful Articles and Tip Sheets for Personal and Work-Related Topics
- Search Engines and Directories for Child Care, Elder Care, Education, Legal, Financial and Convenience Services
- Discounted Fitness Center Memberships
- Skill Builders: 20-Minute eLearning Modules
- Self-Assessment Tools: Evaluate Your Health and Emotional Well-Being
- Multimedia Streaming Audio and Video Clips
- Bilingual Content (English and Spanish)

Confidentiality

Allied Care Solutions upholds strict confidentiality standards. Nobody will know you have accessed the program unless you specifically grant permission or express a concern that presents us with a legal obligation to release information.

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