



Behavioral health and addiction support

A **Medical Ally** can guide you to resources for depression, substance use or stress management.

Struggling with your mental health? A Medical Ally can help you:

If you or a family member are facing conditions like anxiety, depression, autism, ADHD, eating disorders, or addiction, you have access to a team of compassionate behavioral health experts that can provide support to help you:

- Understand your symptoms, diagnosis, and all available treatment options
- Find the highest quality providers and treatment facilities
- Coordinate your care across multiple providers
- Transition to a different type of care based on your needs

Are you caring for someone with a behavioral health condition?

Sometimes, it's not just the patient who needs support. A Medical Ally can also provide resources to caregivers. Call for more information.

"I felt like my Medical Ally cared. I was able to open up to her about my medical issues."



VISIT mymedicalally.alight.com



CALL **888-361-3944**
(select option 2)