

Dealing with stress?
Fighting with friends?
Low mood?
Trauma?



Feel better with BeMe

- * Chat with a personal coach
- * Deal with school, family, and friends
- * Build self-esteem
- * Cope with stress, anxiety, and depression

Your safe space

- * No ads
- * Not social media
- * We don't sell your data
- * No judgment, just support

Brought to you by



BeMe is no cost for CareSource Hoosier Healthwise teens 13-18



For questions please call CareSource Member Services at 1-844-607-2829 (TTY: 1-800-743-3333 or 711) Monday through Friday from 8:00 a.m. to 8:00 p.m. or CareSource Care Management at 1-833-230-2039 Monday through Friday 8:00 a.m. - 5:00 p.m.

Feel good



"I find it useful in building up confidence and well-being."
-15-year-old

INSIDE AND OUT

“

Where has this app been all my life? I'm so happy I found it.

”

- 17-year-old

Scan me to download the BeMe app



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