

# SHORT-TERM COUNSELING



## FEATURES INCLUDE:

- 24/7 access to an experienced counselor via the toll-free Helpline or iConnectYou App
- Telephonic needs and clinical assessments
- Confirmed referral for in-person counseling provided within 2 business days of the initial call
- Short-term counseling sessions available
- Counseling available in-person, telephonically, online or video
- Services are completely confidential
- Available to you and your family members

We understand that life can be hectic and demanding. We also understand that issues such as anxiety, depression, substance abuse, legal/financial difficulties and marital/family stressors can add further stress to your already busy life. Thankfully, your Employee Assistance Program (EAP) is here to help.

You may speak with one of our professional counselors 24 hours a day, 7 days a week by calling the toll-free Helpline. The counselor will assess your needs, provide a clinical assessment if appropriate and make recommendations for assistance. If in-person counseling is suggested, the counselor will locate an appropriate provider in your area and provide you with his/her contact information within two business days of your call. You may then contact the provider to schedule an appointment at a time that is convenient for you.

We encourage you to call your EAP today for free, confidential counseling and work/life referrals for you and your family. Let us help you regain your balance.



(888) 993-7650

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