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#### **Anxiety**

Cognitive therapy, medication recommendations and more.



#### **Depression**

Psychotherapy and medication options are effective treatments.



#### **Grief / Loss**

Talk therapy and coping strategies promote healthy healing.



#### **Marital Issues**

Counseling for navigating difficult challenges for couples.



#### **Stress & More**

Managing stress through multiple avenues and supporting other mental-health challenges.

## Offering Details

#### **Virtual Consultations**

Receive 3 visits per condition when you call to receive counseling. If appropriate, we'll help you find a specialist

#### **Free (\$0) Consultations**

The service has already been paid for by your employer, and is free to use for you and your immediate family

#### **Strictly Confidential**

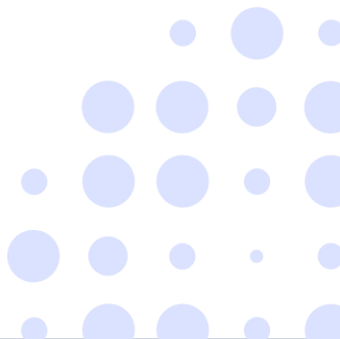
All sessions are 100% confidential. Period.

#### **Family Support**

For you and your immediate family

#### **Master's Level Clinicians**

To help you through all of life's challenges



# 81%

## Did you know?

This service has helped improve outcomes for 81% of users with depression.

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