



## EAP Video Counseling

### Talk to a Counselor from the comfort of your home!

As a convenient option to face-to-face counseling, your EAP+Work/Life program now offers free access to confidential video counseling with a mental health counselor right over your computer, laptop, tablet or smartphone—anytime, anywhere.

#### It's simple, easy and effective!

- All you need is a webcam, microphone and high speed internet connection
- Tech support is available
- Counselors address: stress, depression, relationship and parenting issues, substance abuse, work/life balance concerns and more!

- Private, confidential, secure
- Saves time, money, commute

**Call to speak with a counselor about video counseling as an option.**

**Remember,** you, your dependents (including children to age 26), your household members are all eligible for the Health Advocate Services.



“I’ve always been hesitant to see a counselor about my marriage problems. But being able to talk to someone in the comfort of my living room where my wife could also participate was a huge help. The counselor helped us learn better ways to communicate—it was just what we needed at the right time!”



In a crisis, help is available 24/7.

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