



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.

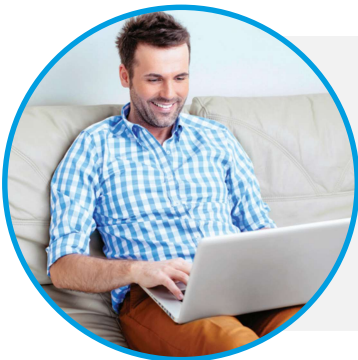
It's simple, easy and effective!

- 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!”



877.851.1631

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/standard6

In a crisis, help is available 24/7.

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