

Telephonic counseling

Counseling sessions over the phone in the convenience and comfort of your home.

Private and confidential, telephonic counseling with your Employee Assistance Program (EAP) provides real-time counseling sessions using your mobile phone or landline. It's as simple as calling the Care Access Center and asking for help.

Convenient and secure

Telephonic counseling is convenient, accessible and secure. Over the past 20 years, tele counseling has proven to be an effective and recognized therapeutic modality.

Telephonic counseling is best suited for those who:

- Have limited mobility
- Have busy schedules
- Live in remote regions
- Have exceptional privacy needs
- Are most comfortable at home
- Find it easier to express themselves verbally rather than in writing



Download My EAP app now at your device app store or scan the QR code.



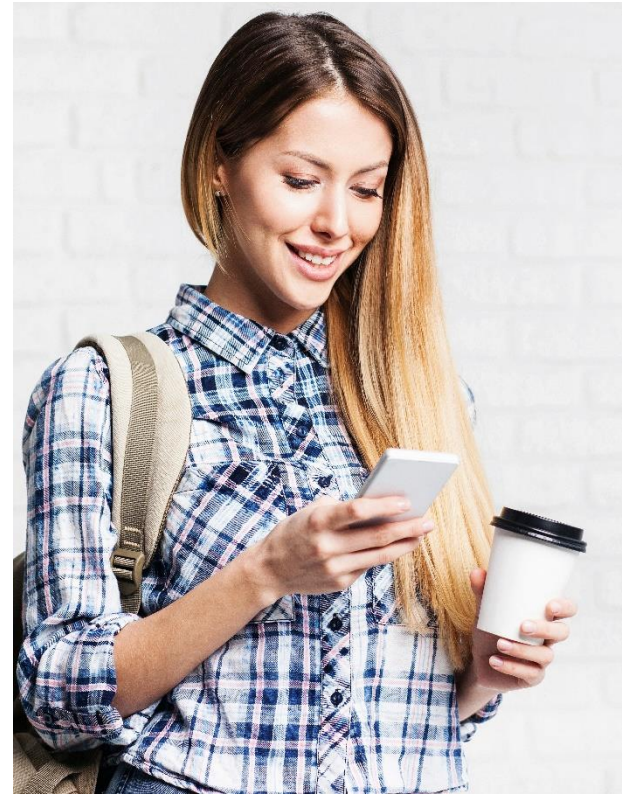
How to get started

- Contact our Care Access Center at 866-695-6327.
- Once Telephonic counseling is identified as the preferred and best method of treatment, you will be provided with an appointment.
- On your appointment day, you will "meet" your counselor by receiving a call from the counselor at the designated time.

Technical requirements

We recommend that you use a landline telephone for better sound quality, but you can use a mobile phone if you prefer. You can attend your counseling session from home or just about any location that is quiet, where you have privacy, and are free from distraction.

Phone sessions cannot be conducted while you are driving or operating a vehicle.



Connect with us for confidential support or to learn more

Attend counseling sessions from home or on-the-go with your EAP.

For immediate assistance, contact us at **866-695-6327** or visit **workhealthlife.com**.



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