



Let's talk about mental health.

DialCare Mental Wellness is a safe, secure and private way for you to seek help from state-licensed mental health professionals via virtual and telephonic counseling sessions.

Our mental health professionals work with a number of conditions, and consultations are available in both English and Spanish.

Our mental health professionals work with conditions such as:

- Depression
- Stress
- Eating disorders
- Addiction
- Relationship problems
- Anxiety
- Grief
- And more

This plan is free to employees.

Features



You can reach mental health professionals within our network via phone or video chat.



You can schedule an appointment between 7 a.m. and 10 p.m., seven days a week.



Upon availability, you may request the same mental health professional they previously consulted with.

DialCare Mental Wellness

DialCare Mental Wellness is a program designed to provide safe, secure and private means of seeking mental health assistance from licensed counselors via virtual or telephonic counseling sessions.

DialCare Mental Wellness counselors can assist members with conditions such as depression, anxiety, grief, relationship problems and more.

DialCare Mental Wellness is easy to use:

Schedule an appointment time between 7 a.m. to 10 p.m.

DialCare Mental Wellness counselors will reach out via phone or video chat upon request.

Counselor appointments last for 30 minutes.

Follow-up sessions may be scheduled for the member's convenience.

Consultations are available in both English and Spanish.



**Download.
Schedule. Talk.**

**Mental health matters.
Let's talk about it.
DialCare can help.**

For more information:

**(844) 249-4094
www.dialcare.com**

Disclosure: THIS PLAN IS NOT INSURANCE and is not intended to replace health insurance.
State restrict list is available at dialcare.com/states.