

Improving Your Mental Health During the Coronavirus Outbreak

As we respond to the challenges concerning COVID-19, mental and behavioral health issues are more important than ever. For many, the uncertainty of the situation is creating stress and anxiety.

During this global pandemic, telehealth is emerging as an effective alternative to help improve access to counseling in today's environment. Interface EAP has built a nationwide network of licensed therapists who are able to provide telehealth video sessions (E-Counseling) for members who may be restricted in their traveling to a counselor's office.



WHAT DOES THAT MEAN FOR YOU?

You can use E-Counseling to receive the same counseling services under your EAP as you would in-person. You can schedule an appointment in advance with your therapist. You can “connect” via an online platform with a therapist from wherever you feel most comfortable to discuss sensitive topics.

HOW DO YOU ACCESS THESE SERVICES?

The process for a referral to E-Counseling is the same—call Interface or send a request through our member website—4EAP.com. When you contact Interface to access counseling, just advise what type of counseling you desire—E-Counseling or in-person. Our goal is to support you during any challenging/stressful events you may encounter in life.

CALL YOUR **E**MPLOYEE **A**SSISTANCE **P**ROGRAM

FREE AND CONFIDENTIAL

800-324-4327

Español

800-324-2490

www.4eap.com

CRISIS COUNSELING

24/7



Interface EAP