

Counseling

When life gets difficult, we're here to help

Struggling alone and doing nothing is never the answer. Get the help you need in a convenient, confidential, safe and non-judgmental environment.

You can choose from a national network of licensed professionals trained to help with common challenges such as stress, anxiety, grief, marital/family relationship concerns, parenting, addictions and more. Counseling sessions are solution-focused; they can help you better understand challenges and determine helpful next steps to move forward.

Key features

- Provided at no cost to you and your household members
- You can benefit from up to 5 pre-paid counseling sessions
- Confidential and provided by third party
- Meet with a counselor face-to-face or video conference (available for participating providers)

Find care in your area

- Research in-network providers in your area with our [online search tool](#)
- When you've found a provider, simply complete the "online self-referral" form next to the search result
- After you submit the form, you will receive an email with additional details to get started with your pre-paid counseling sessions

Get started today!



Call (800) 523-5668 for a free, confidential consultation with a licensed mental health professional.

Need help?



Use the chat feature on the right side of your screen for assistance.

RELATED ARTICLES

HOW DOES THE COUNSELING PROCESS WORK?

Therapy is a time-tested tool that helps people with a variety of issues including stress, anxiety, relationship problems, grief, trauma, substance abuse and self-exploration.

[Learn More](#)



