



Support for your mental health

Sometimes talking about it can make all the difference!



We are here when you need us.

Licensed counselors are available via phone or video to provide you with short-term, solution-focused support.



Mental health support.

Get short-term counseling to work through:

- Depression & Anxiety
- Work/Life Stress
- Substance Use
- Relationship Issues
- Grief & Loss
- And More

Visits occur on your time! Get support via phone or video between 8 a.m. to 8 p.m. Monday-Friday.

Activate
your account

