



## On-Demand Counseling

# On-Demand Counseling

Support for Everyday Challenges



### Anxiety

Cognitive therapy, medication recommendations and more.



### Depression

Psychotherapy and medication options are effective treatments.



### Grief / Loss

Talk therapy and coping strategies promote healthy healing.



### Marital Issues

Counseling for navigating difficult challenges for couples.



### Stress & More

Managing stress through multiple avenues and supporting other mental-health challenges.

## Product Highlights

### Virtual Consultations

Supporting individuals on topics such as anxiety, grief, depression, marital issues, and stress

### Face-to-Face Referrals

5 in-person visits with a licensed behavioral health clinician

### Family Support Assistance

Consultations and referrals for everyday issues such as dependent care, auto repair, pet care, and more.

### Financial Planning Advice

Expert financial planning and consultation services.

### Legal Assistance

Free over the phone or face-to-face legal consultations.

**\$0  
Copay**

