



Make Your Mental Health a Priority

When it comes to managing mental health, **you are not alone.**
Reach out to your Assistance Program to speak with a mental health clinician
about any issue impacting your well-being.

Call us at any time to speak with a counselor in the moment or schedule a session in-person,
by video, or telephone. **Mental Health Sessions** provide short-term counseling to help:

- Manage stress, anxiety, grief, depression
- Cope with change or challenges
- Build self-awareness and practice self-care
- Resolve conflict and improve relationships
- Address substance misuse and recovery
- Talk through any personal issues

*Your Assistance Program is confidential, free to use, and open to family members,
and mental health sessions are provided by our staff and network of clinicians.*

Contact AllOne Health
Call: 800.521.3273
Visit: easeatwork.com

