

Talk to a counselor on your time with

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# Online Counseling

## Support is more convenient than ever.

1. **Call** 800-327-4968 (800-EAP-4YOU)
2. **Receive** email with link to register
3. **Complete** registration to setup your account
4. **Connect** with a licensed counselor
5. **Download** app and start counseling

Through your EAP you have access to message, chat, phone and video counseling.

Online counseling is just one more service your EAP offers to make accessing support even easier.

Give us a call today to learn more.

## Counseling when you need it:

Message your counselor anytime from anywhere. No scheduling needed. Or if you'd like, schedule a live session at a time that's convenient for you.

Connect from your phone, tablet, or computer.