

# MENTAL HEALTH COUNSELING

## Through Your AllOne Health Benefits

*Feel Better. Get Support.  
Talk to a Counselor **Your Way.***

Life can feel overwhelming at times, but you never have to navigate difficult moments alone. Your EAP counseling benefit gives you quick, flexible access to licensed mental health professionals who are here to listen, support, and guide you—your way, on your schedule. These sessions are confidential and free to use, designed to help you address any personal challenges impacting your well-being.

### What It Is

Confidential, short-term counseling with licensed mental health clinicians. Support is available for any emotional, personal, or work-related concern impacting your well-being.

### What It Can Help With

EAP counseling is short-term, solution-focused support that can assist with a range of concerns, including:

- Coping with stress
- Managing anxiety or depression
- Resolving family or relationship conflicts
- Addressing substance use concerns
- Handling personal issues
- Managing workplace challenges

### Why It's Helpful

- Flexible options designed around your comfort and schedule
- Immediate access to a Master's-level clinician
- Confidential, no-cost support for you and your household members
- Helps reduce stress and strengthen your emotional well-being

## How To Get Started



Request Mental Health  
Counseling in the  
**AllOne Health App**



Submit a request through the  
**Member Portal**



Or **call AllOne Health 24/7** and  
our team will help connect you

Contact AllOne Health

Call: 800-451-1834

Visit: [allonehealth.com/portal](https://allonehealth.com/portal)

Company Code: cebt



Download the  
AllOne Health  
App

