



## BEHAVIORAL CARE FOR TODAY'S CHALLENGES

Since most people experience significant challenges at some point in their lives, all individuals, regardless of their financial situation can benefit from this service in managing personal or family problems.

- This is a convenient and efficient way to obtain a consultation and specific recommendations.
- This is also a cost effective way to access support and minimize health care costs. If additional care may be needed, we assist members with finding appropriate and cost effective follow up care.

## TELEPHONIC COUNSELING PROVIDES CONFIDENTIAL, UNLIMITED CONSULTATION, COUNSELING & REFERRAL SERVICE FOR MEMBERS INCLUDING:

- 24/7 Availability to masters level counselors
- No co-pay or fee to the member
- Immediate crisis support
- Comprehensive problem assessment and resolution
- Supportive counseling and subsequent sessions
- Education
- 100 percent follow up with original counselor
- Custom referral (if needed) to medical behavioral health plans or local community resources

## THE RIGHT CARE AT THE RIGHT TIME

### Reasons current members use Telephonic Counseling include

- Death of a Loved One
- Relationship Issues
- Parenting Issues
- Traumatic Accident
- Major Illness
- Substance Abuse
- Depression
- Stress & Anxiety
- Workplace Issues
- Change & Transition
- Financial Stress
- Any Reason That Causes Concern



# TELEPHONIC COUNSELING & SUPPORT

## GET THE HELP YOU NEED, WHEN YOU NEED IT



National Headquarters  
Brentwood, TN