



Life can be hard.  
Getting help is easy.

In challenging times, it can be helpful to talk to someone for support and resources. You and your family members have access to a Licensed Counselor who will listen and provide emotional support and coping tips for personal, family and work issues, at no cost to you.

### How It Works

1. Call Health Advocate
2. An intake Counselor will conduct a brief assessment to determine your needs and connect you to the right counselor to begin counseling sessions\*
3. If needed, you'll be connected to a Work/Life specialist to locate childcare/eldercare, legal/financial, relocation or other resources you may need

\*If you need more in-depth help, referrals are provided.

### We can help with:

- Stress, anxiety, depression
- Relationship and parenting issues
- Financial and job pressures
- Grief, loss, and anger
- Substance abuse

**Remember**, you, your spouse, dependents, parents and parents-in-law are all eligible for the Health Advocate service.

**In a crisis, help is available 24/7.**

**Turn to us at any time!**



**877.240.6863**

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)



Web: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)

**HealthAdvocate**<sup>SM</sup>