

Virtual Counseling

Your assistance program offers virtual counseling as well as traditional in-person counseling, to ensure everyone has fast, effective and easy access to mental health support.

Whether you're looking for mental health support, dealing with change, trying to build self-awareness, working through relationship issues, managing a personal challenge, or simply wanting to talk, **your assistance program is here to help.**

Services Are:

- **Professional & Private**
All counseling is provided by Master's Level Clinicians and all information is confidential and HIPAA-compliant.
- **Convenient & Accessible**
Request support anytime by phone, online, or member portal with live chat.
- **Free to Get Started**
Short-term counseling sessions are included in your assistance program benefits at no additional charge.
- **Available to Family Members**
The assistance program is open to family members too.
- **Personalized**
Our team of care connectors will make sure you are matched with a provider and counseling support that fits your needs.

How to Request Virtual Counseling Support:

- **Call 800-451-1834**
- **Visit www.allonehealth.com/portal** and submit an online request form or login to your member portal for live chat support.

Receive care your way with convenient options for mental health support.



In-the-Moment Counseling Support

Instantly connect to a clinician by phone



Video Counseling

Schedule a video session



Telephonic Sessions

Schedule a telephonic session



In-Person Sessions

Meet with a local clinician from our network

Contact AllOne Health

Call: 800-451-1834

Visit: www.allonehealth.com/portal

Code: cebt

