

Make Your Mental Health a Priority

When it comes to managing mental health, **you are not alone**.
Reach out to your Assistance Program to speak with a mental health clinician about any issue impacting your well-being.

Choose from in-person sessions, video counseling, or telephonic counseling.
Mental Health Sessions provide short-term counseling to help:

- Manage stress, anxiety, grief, depression
- Cope with change or challenges
- Build self-awareness and practice self-care
- Resolve conflict and improve relationships
- Address substance misuse and recovery
- Talk through any personal issues

Your Assistance Program is confidential, free to use, and open to family members, and mental health sessions are provided by our network of clinicians.

Contact AllOne Health
Call: 800-227-6007
Visit: myimpactsolution.com

ALLONE® HEALTH