



## Telehealth: Flexible Solutions for a Healthier Life

Which of us wouldn't be healthier if we just had more time? With flexible telehealth solutions from your GuidanceResources Employee Assistance Program, that's no longer a problem. Your EAP, gives you options for how, when and where you access our services. Whether you have scheduling problems, an illness or injury that limits mobility, or just prefer the flexibility and accessibility of phone, video and other online tools, your EAP has you covered.

### Online Tools and Counseling Options

As an alternative to traditional face-to-face counseling, you can take advantage of:

**Video Counseling:** Scheduled as easily as face-to-face sessions, video counseling appeals to those who desire an alternative to in-person counseling. All that's required is a webcam and software, which can be downloaded for free, to use this option.

**Telephone Counseling:** If in-person counseling is not possible or not appealing to you, counseling services can be provided over the phone. Get all the benefits of speaking with a highly qualified clinician without the hassle of an office appointment.

**Online Chat:** Accessible through GuidanceResources® Online, Chat is staffed by master's-level intake clinicians. The service provides a discreet alternative for seeking a referral, scheduling an appointment with a clinician, asking questions or inquiring about other EAP services. Chat is conducted in real-time, giving you immediate help.

**GuidanceResources Online Tools:** Our award-winning website, GuidanceResources Online, offers users a customized online experience designed to engage you through a variety of cutting-edge, interactive tools and other resources.

## Here when you need us.

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TDD: 800.697.0353

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