

Our confidential resource and referrals are available at no cost to you. Services with referral sources are optional and fees may exist.

## GET HELP WITH:



Family Conflict



Couples/Relationships



Substance Abuse



Work/Life Balance



Stress



Depression/Anxiety



Grief



Parenting

## YOU HAVE ACCESS TO MENTAL HEALTH COUNSELING

*Short-term counseling by licensed, Master's-level counselors via phone, mobile app, chat, and video. Available to you and your household members 24/7.*



## EVERYDAY ASSISTANCE:

Overwhelmed and scared about her teen's active substance misuse, Gina called in looking for assistance. She received an appointment with a counselor, and during their sessions, she learned parenting strategies and boundary-setting to help manage the situation. Gina also received information about local treatment programs for her son and family support groups.

**ACCESS  
VIA:**



**allonehealthheap.com**



**1-800-451-1834**