

Support for life's challenges

We now offer single session support in the moment, 24 hours a day



When life gets difficult or for those times when you can use a little extra support, Resources for Living can connect you with a licensed clinician to help you find solutions and guide your next steps in navigating life challenges.

Single session support provides prompt support for mental well-being concerns at no cost to you.



How it works

- Connect with a counselor who will lead you through an assessment to help determine your needs
- Get in-the-moment support for your concern
- Work with the counselor to create a personalized action plan so you can start making positive changes right away
- Receive resources for additional support

Note: Single session support doesn't use any of your free counseling sessions.

You can get help with:

- Life changes and challenges
- Conflict with a family member, friend or coworker
- Self-improvement goals
- Difficult conversations and setting boundaries
- Non-urgent support between visits with your therapist

For those times when ongoing therapy isn't necessary or immediately available, a single session support can give you support in the moment.

1-800-955-6422 , TTY 711 / ResourcesforLiving.com
Username: WMC Health / Access code: EAP

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