Meet with a counselor at any time — no appointment needed

In addition to your free counseling sessions, you can get unlimited support to help with everyday challenges.

We offer single session support with a counselor to help you talk through issues you're facing, explore options and create a personalized action plan.

Find support for everyday challenges like:

- Resolving conflict with a loved one
- Talking through a concern
- Working through difficult feelings
- Creating healthy coping skills
- Navigating life changes and more

Call or go online to explore your well-being benefits.

1-800-955-6422 , TTY 711
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6942500-01-01-RFL (12/25)

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