



# Virtual Counseling: 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 program, that's no longer a problem. The tools available from your GuidanceResources program give you options for how, when and where you access services.

## Counseling Options

As an alternative to traditional face-to-face counseling:

**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.

**Video Counseling:** Scheduled as easily as face-to-face sessions, video counseling appeals to those who desire an alternative to in-person counseling.

To access either service, contact your GuidanceResources program 24/7 toll-free number. A GuidanceConsultant<sup>SM</sup> will answer your call, discuss your issue and arrange for an appointment for telephonic counseling with a ComPsych<sup>®</sup> clinician or video counseling with a local counselor from our network.

## Online Tools

**Online Chat:** Accessible online, Chat is staffed by master's-level intake clinicians and is conducted in real-time, giving you immediate help.

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

- Personal Development Training Modules for managing stress, parenting, healthy living and more.
- Topic-Specific Online Communities featuring message boards designed to connect individuals who have similar issues and concerns. Portal topics include autism, elder care, maternity and others.
- Articles, podcasts, videos, slide shows and other tools covering thousands of topics important to you.

## Here when you need us.

Call:

TTY: 800.697.0353

Online: [guidanceresources.com](https://guidanceresources.com)

App: GuidanceResources® Now

Web ID: