



# Make Your Mental Health a Priority

When it comes to managing mental health, **you are not alone.**  
Reach out to your Assistance Program to speak with a mental health clinician  
about any issue impacting your well-being.

Choose from in-person sessions, video counseling, or telephonic counseling.  
**Mental Health Sessions** provide short-term counseling to help:

- Manage stress, anxiety, grief, depression
- Cope with change or challenges
- Build self-awareness and practice self-care
- Resolve conflict and improve relationships
- Address substance misuse and recovery
- Talk through any personal issues

*Your Assistance Program is confidential, free to use, and open to family members,  
and mental health sessions are provided by our network of clinicians.*

Contact AllOne Health  
Call: 800-451-1834  
Visit: [allonehealth.org](http://allonehealth.org)

