



## Telehealth: Flexible Solutions for a Healthier Life

Which one of us wouldn't be healthier if we just had more time? With flexible telehealth solutions from your ComPsych® GuidanceResources® program, that's no longer a problem. GuidanceResources® gives you options, for how, when and where you access our services. Whether you have scheduling problems, an illness or injury that limits mobility, or just prefer the flexibility and accessibility of phone, video, chat, and other online tools, GuidanceResources® has you covered.

### We'll Meet You Where You Are

As an alternative to traditional face-to-face counseling, you can take advantage of a variety of telehealth services, including:

**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. All that's required is a webcam and software, which can be downloaded for free, to use this option. Video sessions allow counselors to observe nonverbal cues and responses, which are helpful to assessment and treatment.

**Chat Counseling:** Real-time, scheduled chat counseling sessions are provided by licensed counselors and available through a secure portal. Have a quick question or want to share your progress? Participants can always text their counselors directly on a 24/7 basis.

To access any service, contact your GuidanceResources® program's 24/7 toll-free number. A GuidanceConsultant® will answer your call, discuss your issue and provide you a referral to video, phone or chat counseling services. You can also connect with a GuidanceConsultant® through our award-winning website, GuidanceResources® Online, which includes a variety of cutting-edge, interactive tools and other resources.

## Here when you need us.

Call: 866.883.0891

TTY: 800.697.0353

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

App: GuidanceNow<sup>SM</sup>

Web ID: MARICOPAEAP

