

# Virtual Counseling

AllOne Health offers virtual counseling as well as traditional in-person counseling to ensure everyone has fast, effective, and easy access to mental health support.

Whether you're looking for mental health support, dealing with change, trying to build self-awareness, working through relationship issues, managing a personal challenge, or simply wanting to talk, **AllOne Health is here to help.**

## Services Are:

- **Professional & Private**  
All counseling is provided by Master's Level Clinicians and all information is confidential and HIPAA-compliant.
- **Convenient & Accessible**  
Request support anytime by phone, online, or member portal with live chat.
- **Free to Get Started**  
Short-term counseling sessions are included in your assistance program benefits at no additional charge.
- **Available to Family Members**  
The benefit programs and counseling support services are open to family members, and free to use.
- **Personalized**  
Our team of care connectors will make sure you are matched with a provider and counseling support that fits your needs.

## How to Request Virtual Counseling:

- Call AllOne Health 24/7.
- Self-Schedule on the AllOne Health Member Portal or App. Select "Schedule Now" to book your own virtual counseling sessions at a time that works for you.

**Receive care your way**  
with convenient options for  
mental health support.



### In-the-Moment Counseling Support

Instantly connect to a clinician  
by phone



### Video Counseling

Schedule a video session



### Telephonic Sessions

Schedule a telephonic session



### In-Person Sessions

Meet with a local clinician  
from our network

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



Download the  
AllOne Health  
App

**ALLONE**  
HEALTH