



Make Your Mental Health a Priority

When it comes to managing mental health, **you are not alone.**
Reach out to your Mental Well-Being 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 Mental Well-Being 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: 800-222-8590

Visit: allonehealth.com/portal
Code: kwiktrip

