



# Counseling with Appointment Assist

It's okay to not be okay. Life can present you with problems that may be difficult to resolve on your own. If you find yourself struggling, consider taking advantage of the counseling sessions available through your program. Counseling can provide you with support, education, guidance and resources to learn and practice new coping strategies, which can help improve your mental health.

## Common reasons to seek counseling

- To cope with a big life transition
- To improve career prospects
- To develop parenting skills
- To manage mood swings
- To process grief and trauma
- To work on marital issues

## Key features

- No cost to you and your household members
- Convenient, confidential and provided by a third party
- Benefit from up to 5 pre-paid counseling sessions per issue, per year

Counseling is available in person, via text message, live chat, phone and video conference.

**For assistance scheduling an appointment with a counselor that can meet in-person, by phone or video, our staff is here to help.**



**Call your program**



**Magellan will discuss your needs and appointment preference**



**Magellan will look for providers and locate 1st available appointment**



**Magellan will notify you of the appointment**



**You can then contact the provider directly to book the appointment**

*Average wait for first appointment: 4 days for in-person or telehealth*



Scan the QR code to visit [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) or call your Employee Assistance Program at 1-800-424-4039 (TTY 711) to get started.