

# Improving Your Mental Health

As we respond to the challenges concerning COVID-19, mental and behavioral health issues are more important than ever. For many, the uncertainty of the situation is creating stress and anxiety.

During this global pandemic, telehealth is emerging as an effective alternative to help improve access to counseling in today's environment. Interface EAP has built a nationwide network of licensed therapists who are able to provide telehealth video sessions (E-Counseling) for members who may be restricted in their traveling to a counselor's office.

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## WHAT DOES THAT MEAN FOR YOU?

You can use E-Counseling to receive the same counseling services.0027.1 Do

800-324-4327

Español

800-324-2490

[www.4eap.com](http://www.4eap.com)