

# Convenient, Confidential Virtual Counseling

**With FlexCare, you can visit with a licensed counselor or psychologist 24/7 from your home, office or on-the-go.**



## Welcome to FlexCare Behavioral Health Counseling!

Stress in society is so prevalent that the U.S. Public Health Service has made reducing stress as one of its major health promotion goals. We know that 60% of visits to primary care physicians are for stress related symptoms. Professional assistance helps to ensure successful management of personal challenges. Virtual Counseling is a convenient first step in getting such support.

### FlexCare offers Confidential Behavioral Health Counseling including:

- Comprehensive Problem Assessment and Resolution
- Intake available 24/7 in case of crisis situation
- Unlimited \*\$0 consult fee scheduled telephonic or video consults with Master Level Counselors for short term counseling issues
- Three (3) \$0 consult fee scheduled telephonic or video consults with Licensed Psychologist per family per year
- Discounted scheduled telephonic or video consults with Licensed Psychiatrists, who can prescribe medication when deemed necessary



**Download the FlexCare Digital Health mobile app.**

### We can help you address:

- Addictions
- Bipolar Disorders
- Child & Adolescent Issues
- Depression
- Eating Disorders
- Grief and Loss
- Life Changes
- Men's Issues
- Panic Disorders
- Parenting Issues
- Postpartum Depression
- Relationship & Marriage Issues
- Stress
- Trauma and PTSD
- Women's Issues
- And more

\*The number of times you or a family member may call in for a different issue/problem is unlimited. Each issue will be handled separately, and the number of counseling sessions will be determined as clinically appropriate, based on each issue at that time. This program is for short-term problem resolution, referral, and crisis intervention services. If you are experiencing an emergency, call 911, or go to your nearest emergency room.