



Virtual Counseling: Flexible Solutions for a Healthier Life

Which of us wouldn't be healthier if we just had more time? With flexible telehealth solutions from your Faculty/Employee Assistance Program, that's no longer a problem. The tools available from your Faculty/Employee Assistance Program give you options for how, when and where you access services.

Counseling Options

As an alternative to traditional face-to-face counseling:

Telephone Counseling: If in-person counseling is not possible or not appealing to you, counseling services can be provided over the phone. Get all the benefits of speaking with a highly qualified clinician without the hassle of an office appointment.

Video Counseling: Scheduled as easily as face-to-face sessions, video counseling appeals to those who desire an alternative to in-person counseling.

To access either service, contact your Faculty/Employee Assistance Program 24/7 toll-free number. A GuidanceConsultantSM will answer your call, discuss your issue and arrange for an appointment for telephonic counseling with a ComPsych® clinician or video counseling with a local counselor from our network.

Online Tools

Online Chat: Accessible online, Chat is staffed by master's-level intake clinicians and is conducted in real-time, giving you immediate help.

Online Tools: Our award-winning website offers users a customized online experience designed to engage you through a variety of cutting-edge, interactive tools and other resources, including:

- Personal Development Training Modules for managing stress, parenting, healthy living and more.
- Topic-Specific Online Communities featuring message boards designed to connect individuals who have similar issues and concerns. Portal topics include autism, elder care, maternity and others.
- Articles, podcasts, videos, slide shows and other tools covering thousands of topics important to you.

Here when you need us.

Call: 844.216.8308

TTY: 877.373.4763

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: Dartmouth

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