



# Counseling with Appointment Assist

It is okay not to be okay. When life presents you with problems that you're having difficulty resolving on your own, take advantage of the counseling sessions offered by your program. Counseling helps you learn more about yourself and improve your mental health.

## Common reasons to seek counseling

- To work on marriage issues
- To cope with a big life transition
- To develop improved parenting skills
- To manage mood swings
- To improve career prospects
- To gain a deeper understanding of yourself
- To process grief and trauma
- To become more assertive
- To challenge harmful thoughts

Struggling alone and doing nothing is never the answer. There's no need to feel anxious or guilty about seeking help. Counseling provides a convenient, confidential, safe, and non-judgmental environment to work on issues and learn new coping skills.

## Key features

- No cost to you and your household members.
- Convenient, confidential and provided by a third party.
- You can benefit from up to 8 pre-paid counseling sessions per issue, per year.
- Meet with your counselor in-person, by text, chat, phone or video conference.

## Call your program today

Licensed counselors can help with many challenges and are available in-person or by text, live chat, phone or video. If you need assistance scheduling an appointment with a counselor that can meet in person or via phone or video, our staff can help you find one. Then, you call the counselor to confirm it.

Contact your eMbrace Program at 1-800-424-4039 (TTY 711) or visit [Member.MagellanHealthcare.com](http://Member.MagellanHealthcare.com) to get started.