



# Make Your Mental Health a Priority

When it comes to managing mental health, **you are not alone.** Reach out to your Assistance Program to speak with a mental health clinician about any issue impacting your well-being.

Choose from in-person sessions, video counseling, or telephonic counseling. **Mental Health Sessions** provide short-term counseling to help:

- Manage stress, anxiety, grief, depression
- Cope with change or challenges
- Build self-awareness and practice self-care
- Resolve conflict and improve relationships
- Address substance misuse and recovery
- Talk through any personal issues

*Your Assistance Program is confidential, free to use, and open to family members, and mental health sessions are provided by our network of clinicians.*

Contact Perspectives  
Call: 800-456-6327  
Visit: [perspectivesltd.com/login](https://perspectivesltd.com/login)

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