

Counseling Services

Mental health is the foundation to leading a healthy, happy life. When emotional issues arise it is important to address them before they become bigger challenges and eventually interfere with your life. Fortunately, your organization provides a **FREE** and **CONFIDENTIAL** benefit to assist with those emotional stressors.



- Immediate Connection to a Mental Health Professional. Mental health counseling for issues like depression, anxiety, grief, stress, and work related challenges.



- Counseling referrals to a provider within our network.



- Access to free sessions with a counselor based on the challenge you are experiencing.



- Online access to work/life tools, e-learning courses, and resources.

Available to you and your eligible family members!

1.800.327.2255 | Log-on at www.nexgeneap.com | Mobile app: NexGenEAP