



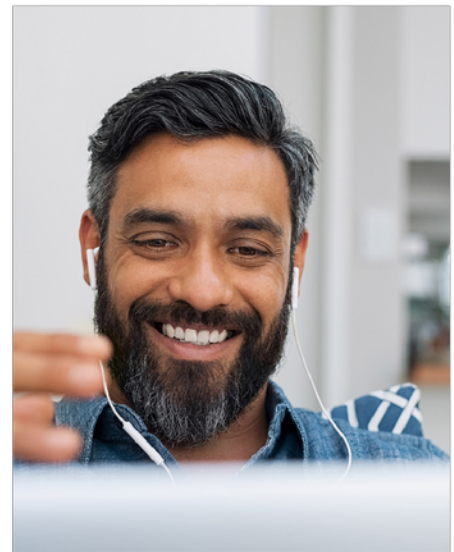
**Beacon online counseling**

# Life can be tough. Getting help is easy.

**Schedule an online visit with a licensed counselor today and get the help you need.**

Managing stress, depression or understanding addiction can be overwhelming. Now, it's easier than ever to get help from the comfort of your own home. When you need someone to talk to, schedule an appointment with a licensed counselor. You can choose an in-person, online or telephone appointment.





# Your EAP benefits include Beacon online counseling.

A convenient, confidential way to get counseling when office appointments just don't work for you.

## Why online counseling?

- Secure, private video sessions with licensed counselors in the comfort of your own home.
- Schedule sessions during times that work for your schedule, even evenings and weekends.
- Choose from a network of caring clinicians and find the one who is right for you.

## We can treat:

- |                     |                    |                    |                       |
|---------------------|--------------------|--------------------|-----------------------|
| • Adolescent issues | • Depression       | • Life changes     | • Relationship issues |
| • Anxiety           | • Eating disorders | • Marriage issues  | • Stress              |
| • Bipolar disorders | • Grief and loss   | • Panic disorders  | • Trauma and PTSD     |
| • Child issues      | • LGBTQ support    | • Parenting issues | • And more            |

## Services include:

**5 no-cost sessions** as defined by your benefit.

📞 877-883-0396

🌐 [rrdconnect.com](http://rrdconnect.com)

