



**Feeling down
or upset?**

*We're here to give
you support....*



- ✓ Talk to a Licensed Professional Counselor confidentially in-person, by phone, or chat
- ✓ Work through problems, learn strategies to help get moving with your life
- ✓ Answer mental health coverage questions, find providers



Health Advocate is available at no cost to employees, spouses, dependents, parents and parents-in-law. Completely confidential. **In a crisis, help is available 24/7.**

We're not an insurance company. Health Advocate is not a direct medical care provider, and is not affiliated with any insurance company or third party provider.

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Turn to us—we can help.



Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/

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