

Employee Assistance Program

Counseling Services Spotlight

From time to time everyone experiences issues that affect their well-being. Acentra Health is here to help with anything from relationships, parenting, family, career issues, anxiety, depression, addiction, grief, work-life balance and more. Counselors can offer insight and recommendations to help employees get on the right path. Acentra Health's counseling services feature the following:



Highly Qualified Professional Counselors

All counselors are independently licensed and thoroughly vetted. Counselors adhere to strict HIPAA guidelines around privacy and confidentiality.



No Cost

Acentra Health provides six sessions of counseling completely free of charge.



Convenient

Sessions can be scheduled either over the phone, virtually, or in-person at a preferred location, date and time.



Matched to Employee Preferences

Employees can request counselors that suit their preferences, such as gender and areas of expertise.



Solution-Focused

Designed to be short-term, problem resolution based. For more complex matters, counselors link participants to appropriate referrals and resources.

CALL TOLL-FREE, 24/7
1.833.539.7285

WEBSITE:
sowi.mylifeexpert.com
Code: SOWI

