



APRIL COUNSELING AWARENESS MONTH

Counseling is a powerful tool allowing you to identify challenges, recognize underlying factors, and explore practical solutions. It is about working with a professional, such as a therapist, as a team to set and achieve meaningful goals. Through meaningful practices, such as journaling, reading, or adopting new behaviors, you tap into your own strengths to create a positive change.

This month, we encourage you to consider how counseling can support your overall well-being and mental health journey.

What is Counseling?

Counseling is a collaborative process between a professional, such as a licensed therapist or counselor, and an individual, working together to address stress, challenges, and difficulties that affect various aspects of life. Therapists and counselors are trained to help individuals gain personal insights, develop coping strategies, and find practical solutions to conquer the hurdles of life.

By building a safe and positive relationship with their clients, these professionals use their training and expertise to suggest tools and techniques that can help improve clients' lives and overall mental health. Counseling is about empowering you to better understand yourself and navigate life's challenges with confidence.

Sources

- <https://healthylearn.com/connerstrong/professional-counseling.html>

Emotional Wellbeing Solutions

EMR offers employees and dependents access to Emotional Wellbeing Solutions through Optum. You and your dependents are provided with access to **six (6)** face-to-face or telephonic sessions per incident, per year. The encounter with the licensed professional is completely confidential. Emotional Wellbeing Specialists are available by phone to provide help with a range of life concerns and stressors, including:

- Relationship problems
- Workplace conflicts and changes
- Parenting and family issues
- Eldercare support
- Stress, anxiety and depression
- Legal and financial concerns

Call **866.374.6061** or visit www.liveandworkwell.com to sign in or register today.

Company access code: **EMR**



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