

Mental health services brought to you.

Get the help you need with **Telehealth**.

Do you need help dealing with stress, depression, anxiety or other life issues? Does your busy schedule make it difficult to get the help you need?

UR Medicine makes it easier with our Telehealth video counseling services.

Why Telehealth?

- Easy access to mental and emotional health services
- Minimal disruption to your life balance
- Decreases barriers to accessing treatment
 - Transportation
 - Family obligations
 - Limited availability
 - Demanding work schedules

After your initial evaluation, you may have almost all of your therapy sessions by video using your phone, tablet or computer.



UR
MEDICINE



With EAP, eligible employees and their families get the mental health services and emotional support they need to improve their overall health and well-being.

To make an appointment and for eligibility information, contact EAP at:

(585) 276-9110

urmc.rochester.edu/eap

