



## Telehealth: Flexible Solutions for a Healthier Life

Which of us wouldn't be healthier if we just had more time? With flexible telehealth solutions from your GuidanceResources® program, that's no longer a problem. Your GuidanceResources program gives you options for how, when and where you access our services. Whether you have scheduling problems, an illness or injury that limits mobility, or just prefer the flexibility and accessibility of phone, video and other online tools, your GuidanceResources® program has you covered.

### Free Confidential Help

Just call your toll-free number, **844.266.0707**, to schedule counseling.

Keep in mind that you enjoy five free counseling sessions per issue per year through your GuidanceResources® program. And thanks to flexible telehealth solutions, you can choose how you connect to your counselor:

- **Face-to-Face Counseling:** Meet in person with a counselor of your choosing in your area whose schedule and services best suit your needs.
- **Telephone Counseling:** If in-person counseling is not possible or not appealing to you, counseling services can be provided over the phone. Get all the benefits of speaking with a highly qualified clinician without the hassle of an office appointment.
- **Video Counseling:** Scheduled as easily as face-to-face sessions, video counseling appeals to those who desire an alternative to in-person counseling.

### Here to Help

To schedule counseling, call your toll-free number: **844.266.0707**. To connect to the services, tools and resources of GuidanceResources® Online, choose the appropriate link below:

- [City of Norfolk](#)
- [Norfolk Public Schools](#)
- [Norfolk Redevelopment and Housing](#)

### Online Tools

- **Connect to Care:** [GuidanceResources® Online](#) is now streamlined to make it easier to find what you need quickly. At the top of the page, we've added a "Connect to Care" menu with your toll-free number and an option to email you questions directly to a GuidanceResources® representative.
- **Online Tools:** [Our award-winning website](#) offers users a customized online experience designed to engage you through a variety of cutting-edge, interactive tools and other resources, including:
  - Personal Development Training Modules for managing stress, parenting, healthy living and more.
  - Topic-Specific Online Communities featuring message boards designed to connect individuals who have similar issues and concerns. Portal topics include autism, elder care, maternity and others.
  - Articles, podcasts, videos, slide shows and other tools covering thousands of topics important to you.

## Here when you need us.

Call: 844.266.0707      TTY: 800.697.0353

For direct access to GuidanceResources® Online, go to [www.norfolkhealthcareconsortium.com](http://www.norfolkhealthcareconsortium.com), select your employer and then select the Employee Assistance Program (EAP) link from the left menu.

