My Help

Text a Licensed Counselor anywhere, anytime.

It's Confidential

Wherever you are, your Counselor will help you make positive changes so you can start to feel more in control of your life, no matter what you are going through.

It's Convenient

Communicate with your Counselor whenever you need to via text, phone or video.

I feel burned out at work, I'm grouchy with my kids, and I can't seem to get enough sleep.

Tuesday 5:00 pm

It sounds like you're being pulled in a lot of directions at once when trying to juggle parenting and work. Let's take a look first at your feeling overwhelmed at work, and go over any recent changes at work, how long you've felt burned out, and what you've tried. We'll then work together to prioritize and get a game plan going. How's that sound?

Wednesday 9:00 am

Call Health Advocate to get started!

HealthAdvocate℠