



# Make Your Mental Health a Priority

When it comes to managing mental health, **you are not alone.**  
Reach out to your Assistance Program to speak with a mental health  
clinician about any issue impacting your well-being.

**Mental Health Sessions** provide short-term counseling to help:

- Manage stress, anxiety, grief, and depression
- Resolve conflict and improve family relationships
- Address substance misuse concerns
- Find support for personal challenges

*Sessions are free to use, confidential, and open to family members. Up to three (3) sessions per issue per year.*

Contact AllOne Health  
Call: 800-638-3327  
Visit: [fei.mylifeexpert.com](https://fei.mylifeexpert.com)  
Code: hhsEAP

