

# Four highlights of your **COUNSELING** Resource from VITAL WorkLife



## **FREE** for you and your family!

Your organization partners  
with VITAL WorkLife to  
provide free & confidential  
well-being resources to be  
your best at home and work.

Call **800.383.1908** or scan  
the **QR code** to get started

Utilize the **VITAL WorkLife  
Mobile App** to access your  
counseling resources for  
you or your family  
members—and more!



Company Username:

1

Counseling is used for short-term problem solving and if a referral is needed for long-term support, we can help.

2

We won't diagnose you—so there is no testing or labels. Your counselor will identify your needs through a whole-person assessment.

3

BetterHelp is one of our counseling partners so that we can provide more counseling options and access, wherever you live.

4

Your use of counseling is completely confidential—your employer won't know how much you use it or what you talk about!

