



# Need to talk it out?

## Let experienced counselors help when life gets challenging.

Revive provides free, confidential support to help with personal or professional problems, concerns or challenges that interfere with feeling or performing at your best.

- 24/7 access to free, confidential support by phone or video
- Call for an initial consultation and referrals to appropriate support and resources
- Get up to four (4) counseling sessions per year, per incident
- When appropriate, you can be referred to local licensed therapists
- Counselors follow-up and monitor progress until you are satisfied
- 24/7 urgent and emergent help is available



### How can counseling services help?

Counselors are typically available for a session within 72 hours of your initial call. They can help with loss, grief, change, transition or abuse. They have a master's degree and at least ten years' experience. When appropriate, you can be referred to local licensed counselors.

### Is this service just for people in crisis?

No, counseling services provide assistance with a wide range of concerns, such as self-improvement, parenting/family, marital/relationship, workplace issues, work-life balance, depression, anxiety, alcohol/drug misuse, gambling and more. With counseling services, you can address challenges or concerns early.

### What if I need help beyond this service?

If needed, counselors will refer you to the right resources for your problem. The cost of these services is not included in this benefit and may be covered by your insurance.

### Access care for...

- Conflicts at work or home
- Codependency
- Substance misuse
- Child or elder care matters
- Stress and anxiety
- Sexual, physical, or emotional abuse
- Difficulty communicating with people
- Depression or grief at home or work



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