

IMPACT SOLUTIONS EMPLOYEE ASSISTANCE PROGRAM

Online Counseling using Video, Phone or Text



Convenient and Flexible

Sessions can be held anywhere at times that are convenient for you

Less Time Consuming

No travel. Less time away from work, school or family

More options

Provider network expands beyond your local area

Clinically Effective

Studies have shown that online counseling (video, phone, and/or text) is as effective as in-person

Appropriate for the following concerns:

Anxiety	Parenting
Career Guidance	Personal Improvement
Depression	Stress Management
Eating Disorders	Time Management
Grief	Relationship Issues
LGBT Issues	Work Concerns
Mindfulness	Work/Life Balance

Did you know... IMPACT Solutions offers Online Counseling services?

FAQs about Online Counseling (Video, Phone or Text Messaging)

What technology do I need? All you need is a computer, tablet or smart phone with a camera and internet access.

Is my information secure? Our providers use HIPAA compliant tools insuring your information is secure. Since online counseling sessions can be held wherever you choose, it is important for you to consider whether there is adequate privacy within your surroundings.

Are there any issues where this modality may not be appropriate? For safety reasons there are a few concerns where counseling online may not be appropriate. Some of those issues include severe depression, substance abuse, anger management, and when an individual is reporting suicidal or homicidal thoughts. Our triage counselors are skilled in assessing whether online counseling is an appropriate format for you.