

Feeling stressed or anxious? Let's talk.

You're busy. We get it. As a college student, your studies don't always allow you the time to talk to a mental health professional, even though you might be struggling with anxiety or stress. DialCare Mental Wellness can help. The DialCare Mental Wellness program is designed to provide you with a safe, secure, convenient and private means of seeking assistance from licensed mental health professionals via virtual or telephonic counseling sessions.

Our mental health professionals can assist you with conditions such as depression, anxiety, stress, grief, relationship problems and more. This unique program offers an app-based interface, allowing you to engage in counseling sessions not only over the phone, but via video chat as well, so you can talk with our mental health professionals wherever you feel most comfortable.



Mental Wellness

DialCare Mental Wellness is a program designed to provide safe, secure and private means of seeking mental health assistance from licensed counselors via virtual or telephonic counseling sessions. DialCare Mental Wellness counselors can assist members with conditions such as depression, anxiety, grief, relationship problems and more. This unique program offers an app-based interface, connecting members with our counselors not only over the phone, but via video chat as well.

DialCare Mental Wellness is easy to use:

- Members can schedule an appointment with a counselor from 7 a.m. to 10 p.m., seven days a week.
- DialCare Mental Wellness counselors will reach out via phone or video chat upon request.
- Counselor appointments last for 30 minutes.
- Follow-up sessions may be scheduled for the member's convenience.
- Consultations are available in both English and Spanish.

What conditions can DialCare Mental Wellness counselors treat?

- Depression
- Stress
- Eating Disorders
- Addiction
- Relationship problems
- Anxiety
- Grief
- And more



To learn more, visit www.dialcare.com or call (855) 335-2255.

You can also register your DialCare account after you download the DialCare app, available on iOS and Android devices.

