



## BEHAVIORAL HEALTH & WELLNESS

ANGER • ANXIETY • DEPRESSION • TRAUMA  
MARITAL/FAMILY • RELATIONSHIPS • STRESS

**Call or scan the code to schedule your confidential appointment.**



**800.222.9691**  
thecounselingteam.com



## **Confidential Counseling and Support Services**

**This is a covered benefit for employees and eligible family members.**

[thecounselingteam.com](http://thecounselingteam.com)