

Our confidential resource and referrals are available at no cost to you. Services with referral sources are optional and fees may exist.

YOU HAVE ACCESS TO MENTAL HEALTH COUNSELING

Short-term counseling by licensed, Master's-level counselors via phone, mobile app, chat, and video. Available to you and your household members 24/7.

GET HELP WITH:

-  Family Conflict
-  Couples/Relationships
-  Substance Abuse
-  Work/Life Balance
-  Stress
-  Depression/Anxiety
-  Grief
-  Parenting



EVERYDAY ASSISTANCE:

Overwhelmed and scared about her teen's active substance misuse, Gina called in looking for assistance. She received an appointment with a counselor, and during their sessions, she learned parenting strategies and boundary-setting to help manage the situation. Gina also received information about local treatment programs for her son and family support groups.

ACCESS VIA:  sandcreekeap.com
 **888-243-5744**