



Chat Counseling: A Flexible Solution for a Healthier Life

Need an easier way to access mental health resources? With flexible telehealth solutions like chat counseling from your ComPsych® GuidanceResources® Employee Assistance Program, that's no longer a problem. Real-time, scheduled chat counseling sessions are provided by licensed counselors and available through a secure portal. Have a quick question or want to share your progress? Participants can always text their counselors directly on a 24/7 basis.

How It Works

Chat is an alternative to traditional face-to-face counseling for those who have complicated schedules, are dealing with an illness or injury that limits mobility, or just prefer the flexibility and accessibility of text. Keep in mind that you can also receive virtual therapy by phone or video.

To get started with chat counseling:

- Call your EAP or log on to guidanceresources.com anytime, 24/7, to connect with an intake counselor
- Tell your intake counselor that you're interested in chat and you will be scheduled with a counselor experienced in chat counseling

Please note: Virtual counseling may not be recommended for all situations.

Here when you need us.

Call: 833.955.3403 | TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM and myStrength[®]

Web/App ID: southdakota