



# Good reasons to go to therapy

It is okay not to be okay. When life presents you with problems that you're having difficulty resolving on your own, take advantage of the counseling sessions offered by your program. Therapy is not just for mental health issues, it can help you with support, education, guidance, learning about yourself and provide you with the resources to learn and practice new ways of coping.

## Common reasons to seek therapy

- To work on marriage issues
- To cope with a big life transition
- To develop better parenting skills
- To manage mood swings
- To improve career prospects
- To gain a deeper understanding of yourself
- To process grief and trauma
- To become more assertive
- To mitigate harmful thoughts

Struggling alone and doing nothing is never the answer. There's no need to feel anxious or guilty about seeking help. Your program provides assistance in a convenient, confidential, safe and non-judgmental environment.

## Key features

- ✓ No cost to you and your household members
- ✓ Convenient, confidential and provided by a third party
- ✓ You can benefit from up to 3 pre-paid counseling sessions per issue, per year
- ✓ Meet with your counselor in-person, by text, chat, phone or video conference.

## Get started today

Counseling sessions are part of your program. Give us a call or visit [MagellanAscend.com](http://MagellanAscend.com) and click on the Counseling program tile to get started.



**Employee Assistance Program**  
**1-800-327-0638**

