Explore options for therapy



Whenever you can use support for your emotional well-being, we're here to make it easy for you to get started. Simply visit your member website and select "Explore your benefits."

You'll be asked a few easy questions and directed to one or more of these resources based on your responses:

Alma mental health counseling	Through Alma you can easily get connected to a licensed therapist in person or online to support your mental well-being. Start with a brief consultation to discuss what brings you to therapy, goals you'd like to reach and what to expect from treatment. You can schedule as many consultations as you need to find the right match. Once you do, you can work directly with your therapist to schedule session times that work best for you. Alma's providers can support children, teenagers and couples as well as adult members.
CVS MinuteClinic®	Professional licensed therapists offer in-person sessions in select locations or confidential online therapy using the secure CVS app. MinuteClinic is available to help you with all life's challenges. MinuteClinic provides individual counseling for members age 13 and older.
Talkspace	Send secure texts to your counselor, who will respond within one working day. A week of texting counts as one session. You can also schedule to meet online for a 30-minute televideo session (each session counts as one visit). Talkspace is for individual counseling for members age 13 and older.
Find a provider in our extensive network	Search for providers near you based on your preferences. You can also look up counselors by name and save your search results. Our counselors can help children, teenagers and couples as well as adult members.

You, everyone in your household and your children living away from home up to age 26 can work with a counselor for support with personal or work-related issues. Visit us online to be guided to a provider who can help with your specific needs.

Simply log on to your member website to find care that works for you.

1-800-342-8111, TTY 711 / resourcesforliving.com
Username: TBS / Password: EAP

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