



# Make Your Mental Health a Priority

When it comes to managing mental health, **you are not alone.** Reach out to your Assistance Program to speak with a mental health clinician about any issue impacting your well-being.

**Mental Health Sessions** provide short-term counseling to help:

- Manage stress, anxiety, grief, and depression
- Resolve conflict and improve family relationships
- Address substance misuse concerns
- Find support for personal challenges

*Sessions are free to use, confidential, and open to family members.*

Contact AllOne Health  
Call: 800-451-1834  
Visit: [allonehealthcap.com](http://allonehealthcap.com)

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