



When Should I Contact AllOne Health?

Will my employer know I called?

No, these sessions are confidential.

Do I have to pay for counseling or coaching?

No, sessions are available at no cost to you.

Choose what type of support works best for you.

Self-schedule counseling sessions through the app or member portal.



In-Person



Video



Phone

I can't find childcare.

My work-life feels off-balance.

My aging parent needs care.

I have legal concerns.

I need motivation.

My teen is depressed.

I'm feeling overwhelmed with my schoolwork.

My finances are stressing me out.

My relationship is struggling.

Contact AllOne Health
Call: 800-451-1834
Visit: allonehealth.com/portal

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