

Counseling



Mental Wellness Program

Align's counseling program is designed to provide members with a safe, secure and private means of seeking mental health assistance from licensed counselors via virtual or telephonic counseling sessions. Counselors can assist members with conditions such as depression, anxiety, grief, relationship problems and more. This unique program connects offers members with our counselors not only over the phone, but via video chat as well.

Mental Wellness is easy to use

- Members can schedule an appointment with a counselor from 7 a.m. to 10 p.m. seven days a week
- Counselors will reach out to members via phone or video chat upon request
- Counselor appointments can last for 30 minutes
- Follow-up sessions may be scheduled for member's convenience
- Consultations are available in both English and Spanish

What conditions can counselors treat?

- Depression
- Stress
- Eating Disorders
- Addiction
- Relationship Problems
- Anxiety
- Grief
- And more

Disclosure: THIS PLAN IS NOT INSURANCE and is not intended to replace health insurance