

Virtual Counseling

AllOne Health offers virtual counseling as well as traditional in-person counseling to ensure everyone has fast, effective, and easy access to mental health support.

Whether you're looking for mental health support, dealing with change, trying to build self-awareness, working through relationship issues, managing a personal challenge, or simply wanting to talk, **AllOne Health is here to help.**

Services Are:

- **Professional & Private**
All counseling is provided by Master's Level Clinicians and all information is confidential and HIPAA-compliant.
- **Convenient & Accessible**
Request support anytime by phone, online, or member portal with live chat.
- **Free to Get Started**
Short-term counseling sessions are included in your assistance program benefits at no additional charge.
- **Available to Family Members**
The benefit programs and counseling support services are open to family members, and free to use.
- **Personalized**
Our team of care connectors will make sure you are matched with a provider and counseling support that fits your needs.

How to Request Virtual Counseling:

- Call AllOne Health 24/7.
- Self-Schedule on the AllOne Health Member Portal or App. Select "Schedule Now" to book your own virtual counseling sessions at a time that works for you.

Receive care your way
with convenient options for
mental health support.



In-the-Moment Counseling Support

Instantly connect to a clinician
by phone



Video Counseling

Schedule a video session



Telephonic Sessions

Schedule a telephonic session



In-Person Sessions

Meet with a local clinician
from our network

Contact AllOne Health

Call: 800-451-1834

Visit: allonehealth.com/portal

Registration Code: **amarillo**



Download the
AllOne Health
App

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