

TalkNow[®]

When you're struggling it's hard to know where to turn. Through TalkNow, you can speak directly to a mental health professional to receive confidential support and guidance in the moment you need it most.



24/7 Access to the Care You Need

TalkNow is the ideal solution for getting the support you need, exactly when you need it. It's confidential, it's free, and it's always available. Break down the barriers standing in the way of your mental health care. Behind every call is a professional mental health counselor to help you in your time of need. TalkNow is a confidential service provided through the Employee Assistance Program that can help you manage small to monumental issues when you can't wait. One conversation can make all the difference.



Mental Health Support is Only One Call Away



1.833.276.0988



24/7
Assistance



Problem
Solving &
Support



Connections
to Ongoing
Counseling



Completely
Confidential

No Issue Is Minor

Receive support related to issues such as:

- Stress & Anxiety
- Family Difficulties
- Interpersonal Conflicts
- Grief & Loss
- Life Changes
- Depression
- Work Conflicts
- And More



How does TalkNow help me?

Is TalkNow confidential and secure?

How do I access TalkNow?

Who will I be talking to when I call?

What happens after my call?

What if I think I'm having a mental health crisis?

TalkNow[®] FAQs

TalkNow is designed to help you in the moment when you're experiencing distress and need to talk to a mental health professional. Our counselors are available 24/7 to provide support and guidance related to your situation. We can help provide in-the-moment tools to help while establishing an action plan to connect you with ongoing supports that may be beneficial.

Accessing the service is completely confidential. This program is provided through your Employee Assistance Program, administered by Acentra Health. Your information is protected by strict HIPAA privacy rules. The only limitation would be in a situation where someone was in imminent danger and emergency services needed to be contacted.

To connect with a mental health counselor, call the toll-free number for the Employee Assistance Program. You can say that you're having a hard time and would like to talk to someone. Mental health professionals are available 24/7.

When you contact us through the toll-free number, you will be connected to a mental health professional. Our counselors have experience conducting assessments, offering real-time support, and establishing action plans to help individuals work towards fully resolving their issues.

Our goal is to help you through your immediate situation and discuss any ongoing support needs that you have. Depending on the nature of your circumstances, it may be beneficial to engage in ongoing counseling sessions with a local mental health provider. Through your Employee Assistance Program, you have access to no-cost counseling sessions that we can help you access.

The Employee Assistance Program is here to help support you through any difficult moment. Our counselors are an excellent resource, available to process what you are experiencing and provide guidance, tools, resources, and connections to any specialized services that you may need.

(833) 276-0988

