

## EMPLOYEE ASSISTANCE PROGRAM

# VIRTUAL THERAPY POWERED BY BETTERHELP

Does it sometimes seem like your teen or young person in your life could use some additional guidance and support? Check out youth counseling services through BetterHelp. Licensed, trained and experienced therapists are available to help adolescents cope with various life challenges. Working with a therapist can help them learn and practice new ways of coping to help improve their mental wellbeing.

