



Need to talk it out?

Let experienced counselors help—
anytime, anywhere.

SwiftMD can help when you're feeling down. Discuss everything from depression, anxiety and stress, to struggles with family, work, and substance abuse.

- Access free, confidential counseling by phone or videoconference
- Call 24/7 for an initial assessment and get three counseling sessions at no cost to you
- Counselors have a master's degree and at least ten years experience
- Counselors follow-up and monitor progress until you are satisfied
- When appropriate, you can be referred to local licensed therapists
- Urgent/emergent help available 24/7 at no cost to you!

Log in at [SwiftMD.com](https://www.swiftmd.com) or call **833-SWIFTMD**



FAQs

How can counseling services help?

Counselors are typically available for a session within 72 hours of your initial call. They can help with loss, grief, change, transition or abuse. They have a master's degree and at least ten years' experience. When appropriate, you can be referred to local licensed counselors.

Is there a fee for using Behavioral Health consults?

After calling for an initial assessment, your plan allows you to talk to a counselor for up to three visits at no cost.

What if I need help beyond the scope of this service?

If needed, counselors will refer you to the right resources for your problem. The cost of these services is not included in this benefit.

Is this service just for people in crisis?

Counseling services provide assistance with a wide range of personal matters, such as self-improvement, parenting/family, marital/relationship, workplace issues, depression, anxiety, alcohol/drug abuse, gambling and more. Counseling services can help you address personal problems early in an effort to prevent a crisis.

Is this service confidential?

This is a confidential benefit that provides access to experienced master's level professionals by phone 24/7. Counselors do not release information without your signed consent except for emergency situations or to report child abuse.

Can I get my psychiatric medications using this service?

No, master's level counselors cannot prescribe medications.



Access help on a multitude of issues

- Conflicts at work or home
- Co-dependency
- Reliance on alcohol, tobacco, or drugs
- Eating disorders
- Marital, family, and relationship concerns
- Child or elder care matters
- Stress or anxiety
- Sexual, physical, or emotional abuse
- Difficulty communicating with people
- Depression or grief at home or work

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