

SHORT-TERM COUNSELING



FEATURES INCLUDE:

- 24/7 access to an experienced counselor via the toll-free Helpline or iConnectYou App
- Telephonic needs and clinical assessments
- Confirmed referral for in-person counseling provided within 2 business days of the initial call
- Up to 8 short-term counseling sessions available
- Counseling available in-person, telephonically, online or video
- Services are completely confidential
- Available to you and your family members

We understand that life can be hectic and demanding. We also understand that issues such as anxiety, depression, substance abuse, legal/financial difficulties and marital/family stressors can add further stress to your already busy life. Thankfully, your CUNY Work/Life Program is here to help.

You may speak with one of our professional counselors 24 hours a day, 7 days a week by calling the toll-free Helpline. The counselor will assess your needs, provide a clinical assessment if appropriate and make recommendations for assistance. If in-person counseling is suggested, the counselor will locate an appropriate provider in your area and provide you with his/her contact information within two business days of your call. You may then contact the provider to schedule an appointment at a time that is convenient for you.

We encourage you to call the CUNY Work/Life Program today for free, confidential counseling and work/life referrals for you and your family. Let us help you regain your balance.



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