



# CareNow Counselor-Assisted.

Self-guided support with a counselor's helping hand.

CareNow Counselor-Assisted is a digital program through which you can access self-directed wellbeing content and reach out to mental health counselors via messaging for support.

## Send a message to your counselor at any time.

With CareNow Counselor-Assisted you can send a message to your counselor at any time, even if they are not currently online. While your counselor may not respond immediately, they will respond in a meaningful and personalized way to help you in your journey.



Ongoing support  
from a counselor.

Your counselor will schedule specific check-in times to help you keep track of your goals. This also helps set clear expectations and keeps you engaged, motivated and on the way to better mental health.



Access CareNow  
Counselor-Assisted.

You can access CareNow Counselor-Assisted via a link in the Feel Supported section on the platform. You will be redirected to the CareNow Counselor-Assisted platform to register. The service can also be accessed by calling the phone number below.



1-800-641-9684