

# Request Stress Management Counselling

## Confidential, compassionate mental health support

Get support with professional assistance from our licensed, experienced psychologists and counsellors.



**This service is only available if you are enrolled under the Employee Assistance Program.**

To verify your eligibility for this service, please click on the **Services** page. If you are eligible, a **Stress Management** button will appear.

This service is provided by licensed international psychologists and psychiatrists.

Teladoc Health exclusively oversees each counselling case from start to finish, ensuring **your personal information remains strictly confidential and will never be shared with your insurer or employer.**

### Available languages

Within 24 hours: English, Cantonese and Mandarin  
Within 5 working days: Thai, Vietnamese, French, Spanish, Japanese, Italian, Malay and Indonesian

### Here are a few examples of applicable cases:

- Work stress
- Anxiety
- Depression
- Relationship & family conflict
- Life transitions
- Burnout...



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## How to send a request?

1. From the homepage, click **Services**, then **Stress management**.
2. Fill in the required fields and submit your request
3. Teladoc Health will confirm your appointment details by email.
4. An assigned counsellor will call you at your designated time.
5. You will have 3 private phone consultations with your assigned counsellor.
6. Upon completion, Teladoc will email you a case summary for your records.

