

MENTAL HEALTH SERVICES



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peace of mind[®]



Congratulations, **IMG's Mental Wellness Services** are now available, provided by:



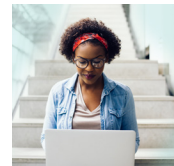
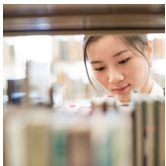
DialCare Mental Wellness is a program designed to provide safe, secure, and private means of seeking mental health assistance from licensed counselors via virtual or telephonic counseling sessions. DialCare Mental Wellness counselors can assist students with conditions such as depression, anxiety, grief, relationship problems, and more. This unique program offers an app-based interface, connecting students with our counselors not only over the phone, but via video chat as well.

DialCare Mental Wellness is easy to use and includes the following features:

- Students can schedule an appointment with a counselor from 7 a.m. to 10 p.m. (all time zones) seven days a week
- DialCare Mental Wellness counselors will reach out via phone or video chat upon request
- Counselor appointments last for 30 minutes
- Follow-up sessions may be scheduled for the student's convenience
- Upon availability, students may request the same counselor they previously consulted
- Three-way conversations are available for parents or guardians who prefer to be involved in the conversation
- Consultations are available in both English and Spanish

What conditions can DialCare Mental Wellness counselors treat?

- Depression
- Stress
- Eating disorders
- Addiction
- Relationship problems
- Anxiety
- Grief
- And more



Let's talk.

Mental health matters---DialCare can help. To call a counselor directly, students may dial: **+1.855.335.2255**

Parental Consent: DialCare Mental Wellness complies with the individual parental consent laws for each applicable state.



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These descriptions are informational only. Terms and conditions of all services are governed by the final services agreement. The services described herein are not insurance benefits, and the services contract is not an insurance contract.



Did You Know?

- 3.2 million adolescents (ages 12-17) in the U.S. have had at least one major depressive episode--that's 13.3% of the U.S. population.¹
- Approximately 60.1% of adolescents with a major depressive episode did not receive treatment.¹
- 21.4% of youth (ages 13-18) live with a mental health condition.²
- Only 50.6% of children (ages 8-15) with a mental health condition received mental health services in the past year.²

DIALCARE MENTAL WELLNESS IS A SAFE, SECURE, AND PRIVATE WAY TO GET HELP FROM STATE-LICENSED MENTAL HEALTH PROFESSIONALS FROM THE PALM OF YOUR HAND.*

*Counseling sessions are available to students starting in the 6th grade, 11 years old and above within the state the student resides.



Feeling anxious, overwhelmed,
or stressed out?

Relief is available now.

Sources:

¹www.nimh.nih.gov/health/statistics

²www.nami.org/learn-more/mental-health-by-the-numbers

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