

Counseling

As the rates of anxiety, depression, suicide, opioid addiction and substance misuse increase, more employers are looking for ways to support the mental health of their employees.¹ Depression alone costs the U.S. economy \$210 billion annually, with 50% of that cost borne by employers.²

eMbrace counseling is a time-tested tool that helps employees and their household members with anxiety, burnout, grief, relationship problems, stress, substance misuse and trauma. Employees develop coping skills and learn how to improve their wellbeing.

Employers can enjoy a 200% to 400% return on every dollar spent on employee wellbeing services like counseling.²

Features and benefits

For employees

- A wide range of diverse specialists with expertise in mental health, LGBTQIA concerns, marriage and family, and more
- Access to confidential counseling in person, via text messaging, live chat, or phone call
- Appointments available within 12 to 48 hours

For your organization

- Improved company culture
- Increased productivity and performance, reduced absenteeism
- Lower medical and disability costs

Counseling helps employees improve their wellbeing and contribute to a healthy, happy and productive workforce.



Ready to talk to someone about transforming your employee experience?
Visit MagellanHealthcare.com/eMbrace or email MHCinfo@MagellanHealth.com.

1. Mental Health – A Workforce Crisis
2. The Costs of Depression