

Mental Health

Conditions Covered	
Alcohol and drug dependency	Anger management
Anxiety	Burnout
Child or elder care matters	Codependency
Concerns about the care of a loved one	Daily stress
Depression	Drug/alcohol abuse and dependency
Eating disorders	Family problems
Focus and concentration concerns	Grief and loss
Inter-personal concerns	Marital or relationship issues
Parenting challenges	Personal, school, or work-related stress
Relationship concerns	Societal stress during uncertain times
Substance abuse	Trauma
Work conflicts	Your individual concerns