

# MENTAL HEALTH MOMENT UNDERSTANDING TELECOUNSELING



**Bowen Center is excited to provide telecounseling options to clients during the pandemic. It may be helpful to understand the telecounseling experience at Bowen Center**

## CONVENIENCE & SAFETY

Telecounseling brings counseling to the convenience of your home or wherever you feel comfortable.

Telecounseling allows for increased safety and less need for transportation or proximity to an office.

## HOW DOES IT WORK?

The day of your first appointment Bowen Center client services will contact you via phone to “check you in” and then transfer you to your therapist for your session. Client services will send you a registration packet to complete at your convenience.

## HOW ABOUT VIDEO?

Bowen therapists are able to use a variety of methods to connect with you virtually. Discuss with your individual therapist what technologies might be available.

## WHAT IF I PREFER ONSITE?

You may still choose to receive face-to-face onsite counseling at any Bowen Center outpatient location. Please discuss with client services any COVID-19 safety protocols that are in place before you come for your first appointment.

## WHAT ABOUT OTHER SERVICES?

**To find out what other services can be done virtually contact Registration and Scheduling at the number below!**



Telecounseling is provided through your **Employee Assistance Plan**  
To schedule private and confidential counseling sessions:



**1 800 342 5653**



**[www.bowencenter.org](http://www.bowencenter.org)**