

# Easy Steps to Talk to a Counselor

## Virtual Counseling from SJSU Research Foundation

If you're feeling overwhelmed or need support, simply talking about it can make a difference.



### Talk to a Counselor

Here's how it works:

1. Request a visit on the app.
2. A counselor calls to talk about what you're going through.
3. Together, you schedule a visit with a counselor who specializes in your area of need. Visits occur anytime from 8 a.m. to 8 p.m. Monday-Friday.
4. After your first visit, you can schedule more!



### No cost to you

SJSU Research Foundation provides Virtual Counseling to all employees and your immediate family members.

A visit costs \$0.

### Talk to a Counselor about:

- Depression & Anxiety
- Work/Life Stress
- Family and more

"Talking to the counselor helped validate my feelings and form a plan to address my issues. I can't thank the counselor enough for getting me through a difficult time!"

– Sandee from Utah

Get the app ↓



Use the last 4 digits of your SSN to log in.