



**Telehealth, EAP,
or Psychiatric?
Know what to use
A quick guide to
your care options**

Telehealth

Need quick medical advice?

- ✔ Scenario: Mild symptoms, quick questions, non-emergency.
- ✔ What it is: Speak to a doctor virtually.
- ✔ Why it matters: Saves time, no clinic visit needed.



EAP

Feeling overwhelmed or stressed?

- ✔ Work stress, anxiety, personal struggles, support for children aswell.
- ✔ Confidential short-term counseling & support.
- ✔ Immediate emotional support, no stigma.

Psychiatric Care (depending on your coverage plan)

Managing a diagnosed condition?

- ✔ Expert support from professional psychiatrists available to you
- ✔ Medical diagnosis management, treatment & support.
- ✔ Structured care for long-term needs.

**The right care,
at the right
time.**

