

Employee Assistance & Behavioral Health Program

Confidential counseling when you need it.



HAMILTON
COUNTY
SCHOOLS

One to One Behavioral Health Program (Employees Only)

Full range of unlimited mental health services provided by professional counselors and board-certified psychiatric mental health nurse practitioners for all Hamilton County Schools employees.



- Depression
- Anxiety
- Stress Management
- ADHD
- Mood Disorders
- Relationship Issues
- Social Worker Services
- Grief & Loss
- Social & Emotional Health
- Psychiatric Evaluations
- Medication Management
- Psychotherapy

423-558-3111

BHSupport@121.health

Symetra Employee Assistance Program (Employees, Spouse & Children)



You and eligible family members can meet face-to-face with a counselor, financial planner or attorney for expert, confidential information, and guidance. Your household is eligible for a total of 5 sessions per calendar year, plus an additional 5 with a covered disability claim. Examples of what Symetra can help with listed below:

Confidential Counseling

- Stress, Anxiety & Depression
- Grief & Loss
- Substance Abuse
- Difficulties with Children
- Job Pressures

Legal Support

- Divorce & Family Law
- Debt & Bankruptcy
- Landlord/Tenant Issues
- Real Estate Transactions
- Civil & Criminal Actions
- Contracts

Financial Information & Resources

- Getting Out of Debt
- Credit Card or Loan Problems
- Tax Questions
- Retirement & Estate Planning
- Saving for College

1-888-327-9573

www.guidanceresources.com

Web ID: SYMETRA