



Mental Health Counseling



Your mental well-being is the foundation of a healthy, fulfilling life. When emotional challenges arise, addressing them early can help prevent them from becoming overwhelming. Bree Health provides free and confidential support to help you and your family navigate life's challenges.

- **Supportive Counseling Services:**

Access professional guidance for stress, grief, work-life balance, relationships, and more.

- **Flexible Counseling Options:**

Connect with a provider through in-person, video, or phone sessions, based on your comfort and needs.

- **Personalized Care Matching:**

Our intake team ensures you're connected with the right provider to address your specific concerns.

- **Confidential & Secure:**

Your privacy is protected under strict HIPAA guidelines, ensuring complete confidentiality.

Call or Text to Get Started!

1.800.327.2255

Your confidential resource, provided by

