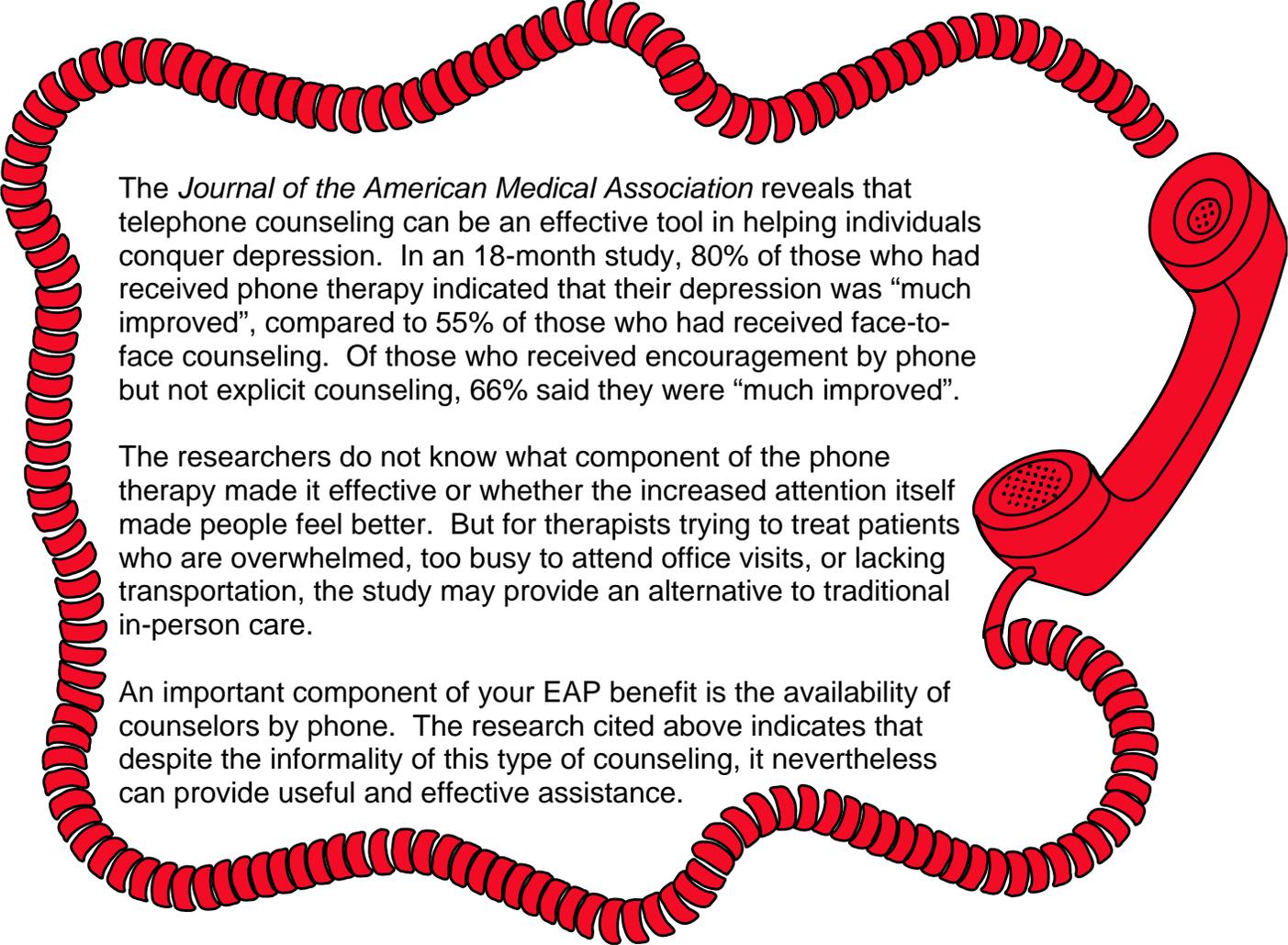


Phone Counseling Found Effective



The *Journal of the American Medical Association* reveals that telephone counseling can be an effective tool in helping individuals conquer depression. In an 18-month study, 80% of those who had received phone therapy indicated that their depression was “much improved”, compared to 55% of those who had received face-to-face counseling. Of those who received encouragement by phone but not explicit counseling, 66% said they were “much improved”.

The researchers do not know what component of the phone therapy made it effective or whether the increased attention itself made people feel better. But for therapists trying to treat patients who are overwhelmed, too busy to attend office visits, or lacking transportation, the study may provide an alternative to traditional in-person care.

An important component of your EAP benefit is the availability of counselors by phone. The research cited above indicates that despite the informality of this type of counseling, it nevertheless can provide useful and effective assistance.

Remember, professional counselors are available 24/7 to help you right over the phone!

Toll Free 800-433-2320

Portland Area 503-639-3009

Salem Area 503-588-0777

