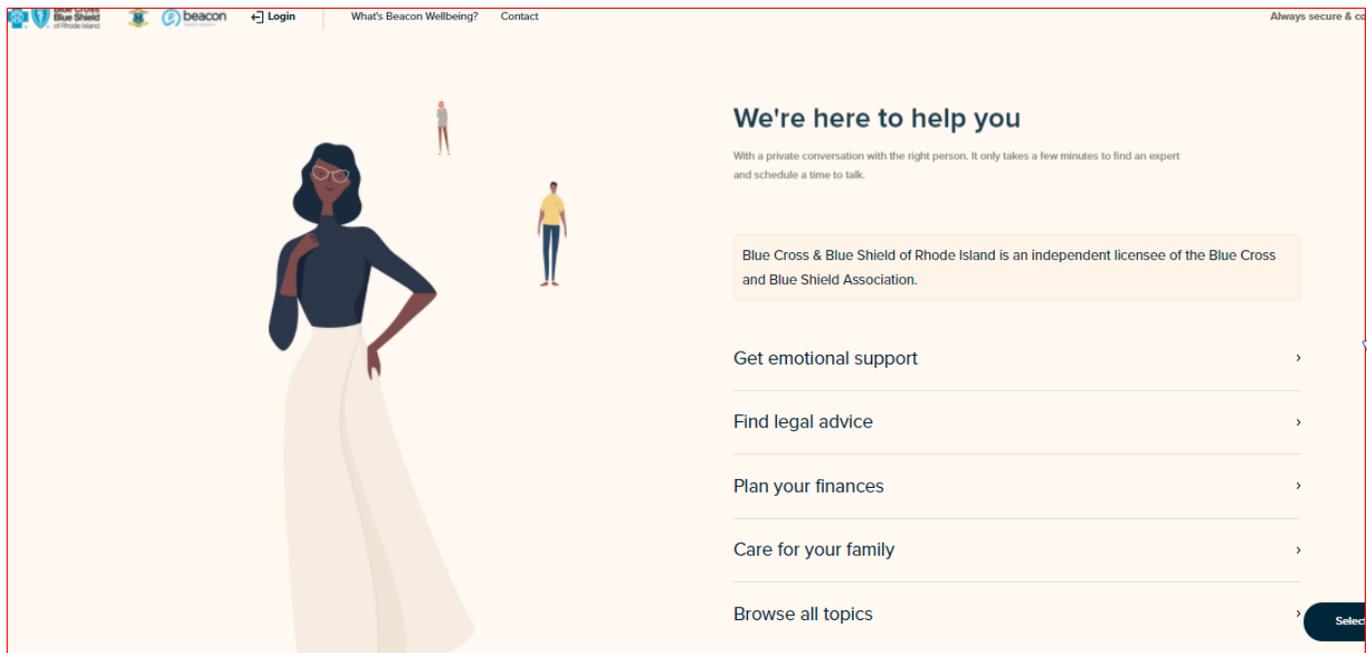


State of Rhode Island How to Schedule a Counseling Appointment with Beacon Wellbeing

You can contact your Employee Assistance Program (EAP), partnered with Blue Cross & Blue Shield of Rhode Island and Beacon Health Options-Beacon Wellbeing-24 hours a day, seven days a week, at stateofrhodeisland.mybeaconwellbeing.com or (866) 987-3705.

Beacon Wellbeing's services are free, confidential and available to you and your immediate family members. You each are eligible for 3 counseling sessions per year, for each issue, that you would like to talk about.

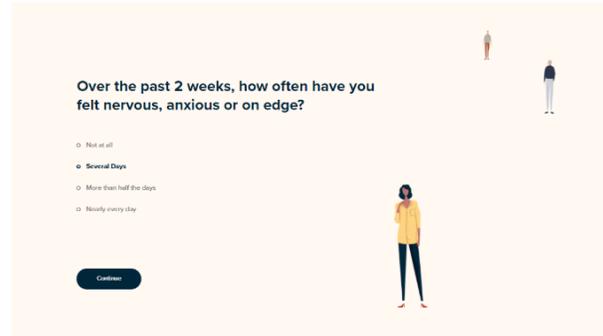
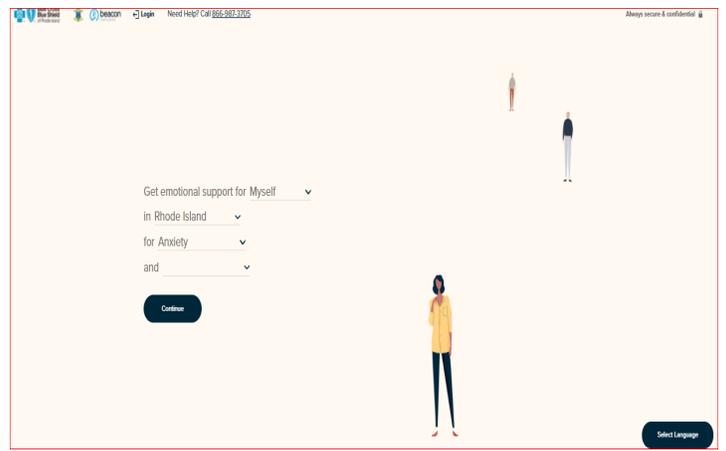
Beacon Wellbeing's website makes it easy to connect with a counselor and schedule an appointment. Here's how:



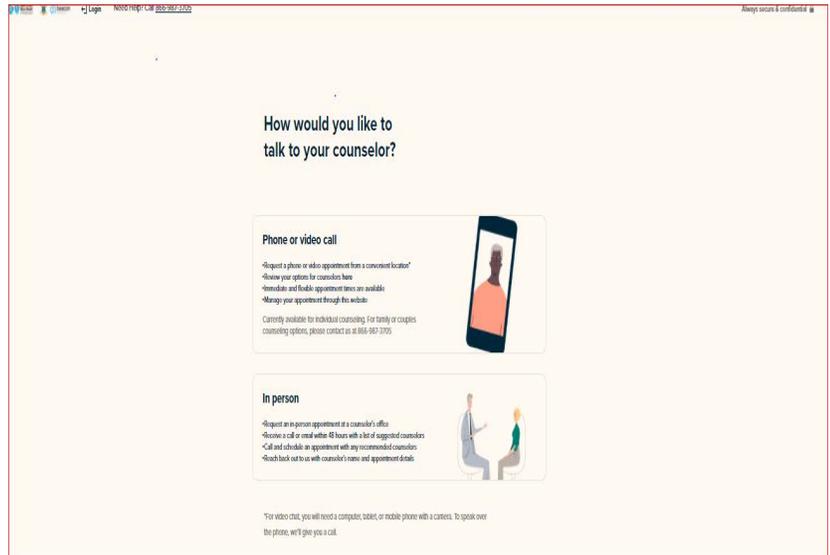
2. You will be asked if the support is for yourself or someone else.
 - If it is for yourself, you will be asked a series of questions.
 - If it is for someone other than yourself, you will be prompted to register. You can register on behalf of a dependent child.

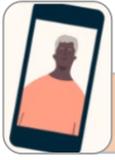


3. For support for yourself, you will answer questions that help determine your needs so Beacon Wellbeing can guide you to counselors who are the best match for you.



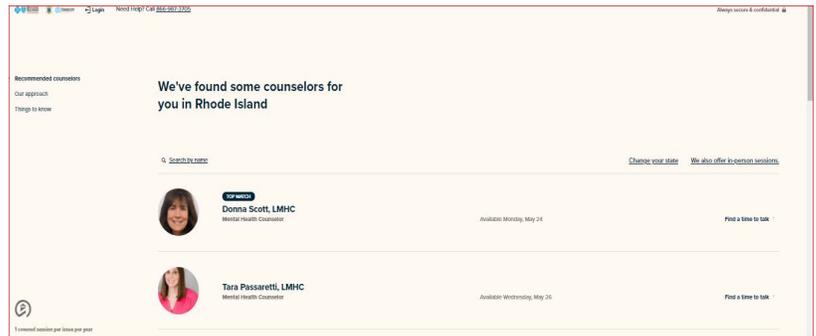
4. Once completed, you will be asked whether you would like to talk to your counselor via phone, video call or in-person.



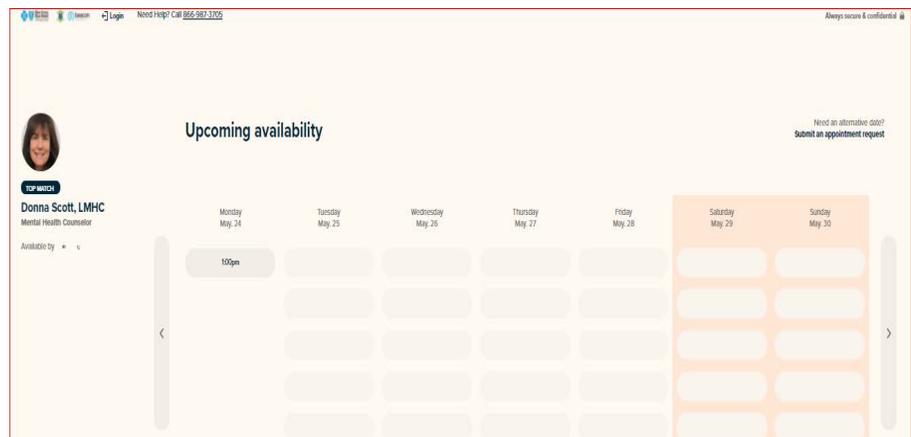


If you select **phone or video call**:

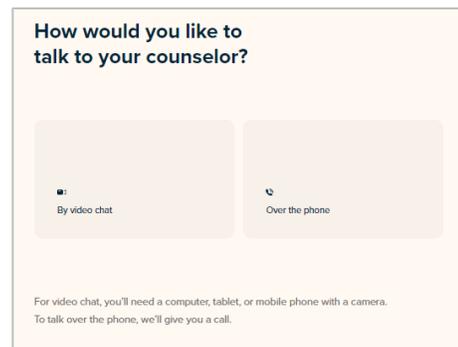
1. You will see provider names, photos and available dates. Click on *Find a time to talk*.



2. You will see available times for the provider you chose. Click on an appointment time. You may also email the provider directly for additional timeslots or availability.



3. You will be asked whether you want to speak to a counselor by video chat or over the phone. Click on your choice.



4. To book your appointment, in person or online, you will need to register by entering the information requested. Remember, all information is confidential.

Let's book your appointment

Create an account to submit your request.
Already have an account? [Login](#)

First Name

Last Name

Date of birth

Gender

Relationship status

Employment status

Job Title

Phone number



If you select **in-person**:

1. You will answer a few questions about your preferences for your counselor and communications.

Do you have a gender preference for your counselor?

- I don't have a preference
- Male
- Female



How would you prefer we contact you with recommended counselors?

- Email**
- Phone

(We'll ask for your contact info later)



We will find counselors as close to your location as possible. Please let us know where to start our search.

- Search near my home address**
- Search near a different address (e.g. work)



2. To book your appointment, you will need to register by entering several pieces of information. Remember, all information is confidential.

Let's book your appointment

Create an account to submit your request.
Already have an account? [Login](#)

First Name

Last Name

Date of birth

Gender

Relationship status

Employment status

Job Title

Phone number

stateofrhodeisland.mybeaconwellbeing.com

(866) 987-3705

Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross and Blue Shield Association. Beacon Health Options, Inc. is an independent company contracted by Blue Cross & Blue Shield of Rhode Island to provide EAP services.

**Referrals or information provided about a particular provider or program do not constitute an endorsement or guarantee of the provider's services. The final decision on selection of services rests exclusively with the participant.*