







The Modern Counseling Solution

Take the first step towards leading a healthy, happy life anywhere, anytime, any place.

NexGen is a FREE and CONFIDENTIAL benefit provided by your university to help you overcome your personal challenges and emotional stressors. Now, you can start counseling requests via text message, live chat, or by using the NexGenEAP mobile app.

Counseling services include:

-  • Immediate Connection to a Mental Health Professional
-  • Mental health counseling for issues like depression, anxiety, grief, stress, and work related challenges
-  • Up to 6 sessions of counseling for each unique issue, every year
-  • Access to free in-person, telephonic, or video sessions with a counselor based on the challenge you are experiencing

Get Connected with a Mental Health Professional
in more ways than ever before



Text or Call
1.800.327.2255



Live Chat Online at
www.nexgeneap.com



Use the NexGenEAP
Mobile App