

OHI Introduces

E-COUNSELLING SERVICES



Introducing

E-counselling is a confidential and professional service available directly through OHI'S website www.orghealthinc.com. E-counselling is a convenient way of addressing a range of personal issues with a professional counsellor by exchanging written messages on-line. This short term service allows you to participate at your own pace, at any time, from any location with internet access.

OHI's E-counselling, like all EFAP services, is most beneficial for people who have identified a specific concern and are prepared to actively engage with a professional counsellor to gain perspective on an issue and work towards a positive resolution.

OHI's e-counselling is complementary to our existing EFAP services which includes face to face counselling. If you are unable to attend face to face appointments due to location, hours of work, mobility or other issues, then E-counselling maybe an accessible alternative for you.

Frequently Asked Questions

1. Is OHI E-Counselling Safe And Secure?

The confidentiality of communication between client and counsellor is vitally important and legally protected. To protect information, OHI uses SSL technology for secure transmission of information over the internet. Rather than using normal email channels, your information is protected within our web-based system for extra security. Our privacy policy can be viewed during registration.

2. Who Can Use OHI E-Counselling?

Online counselling is appropriate for people who: Can comfortably operate their computer; are comfortable with and regularly use the internet; are able to cut and paste text; can comfortably express themselves in text; are not reasonably able to attend face-to-face counselling appointments.

3. Who Should Not Use E-Counselling?

OHI's e-counselling is available to eligible people over 18 years of age. If you are under 18 and seeking help call our toll free telephone 1-800-267-5865 for other options.

OHI e-counselling is not for people in crisis currently. If you do not feel safe and are experiencing an emotional (intense feelings of distress) crisis, emergency, or a life threatening situation then on-line counselling is not a suitable choice. Please call 1 800 267 5865 during office hours to discuss your options.

What Next?

If you are interested in learning more, or are considering e-counselling then please go to our website www.orghealthinc.com and follow these simple steps;

1. Register for member services at our website to be issued a user ID and password. These are required to access E-Counselling. This may take 48 hours to process.
2. Enroll for E-Counselling. This simple process ensures we have important information about you and that you have a full understanding of this service. In addition you will work through a short checklist designed to assist you in determining if E-Counselling is right for you.
3. The final step is writing your first message to your counsellor. You can write at any time, and your counsellor will always reply within 2 working days.

To Contact OHI:
Call 780-944-0321
Toll free 1800-267-5865