



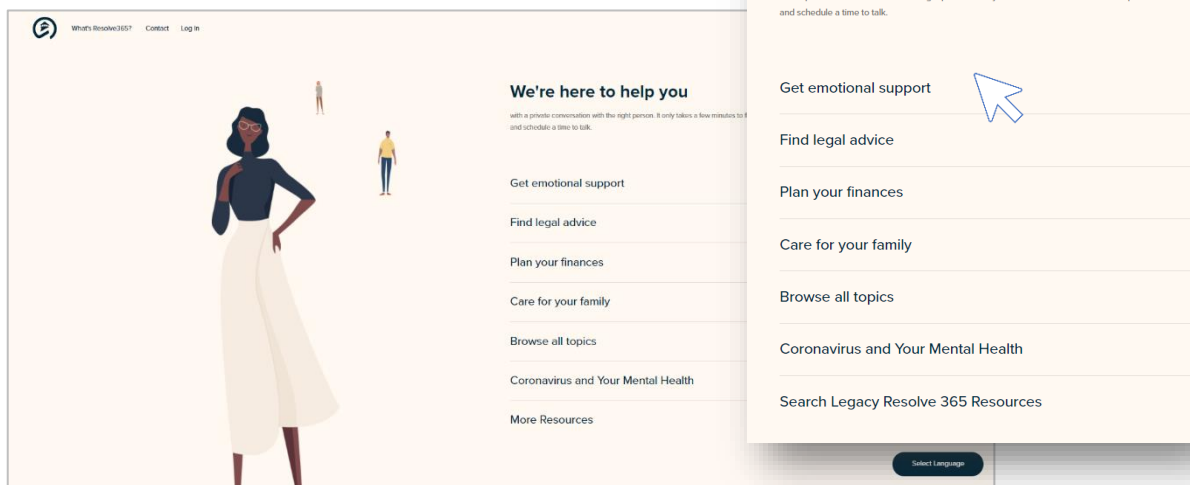
How to Schedule a Counseling Appointment with Beacon Wellbeing

You can contact the Employee Assistance Program (EAP) anytime, 24/7, at pge.mybeaconwellbeing.com or (888)-445-4436.

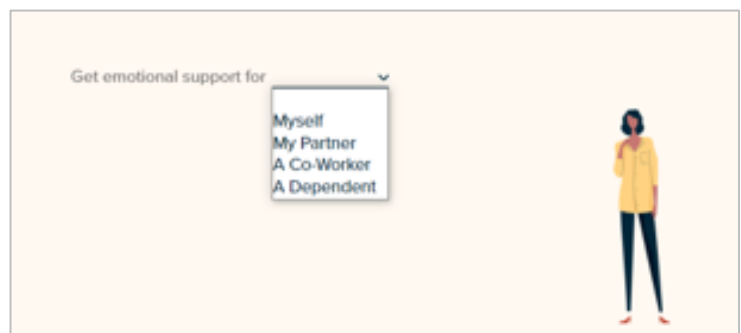
EAP services are free, confidential and available to you, your spouse, dependent children and other household members. You each are eligible for up to eight counseling sessions per issue per year.

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

1. Go to pge.mybeaconwellbeing.com and select *Get emotional support*.





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 have them 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.

Get emotional support for Myself 

in Virginia 


for 


- Anxiety
- Depression
- Family Issues
- Grief or Loss
- Relationship Issues
- Stress
- Alcohol or Drug use



Over the past 2 weeks, how often have you felt nervous, anxious or on edge?

- Not at all
- Several Days
- More than half the days
- Nearly every day






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

How would you like to talk to your counselor?

Phone or video call


- Request a phone or video appointment from a convenient location*
- Review your options for counselors [here](#)
- Immediate and flexible appointment times are available
- Manage your appointment through this website

Currently available for individual counseling. For family or couples counseling options, please contact us at 877-254-4582



In person

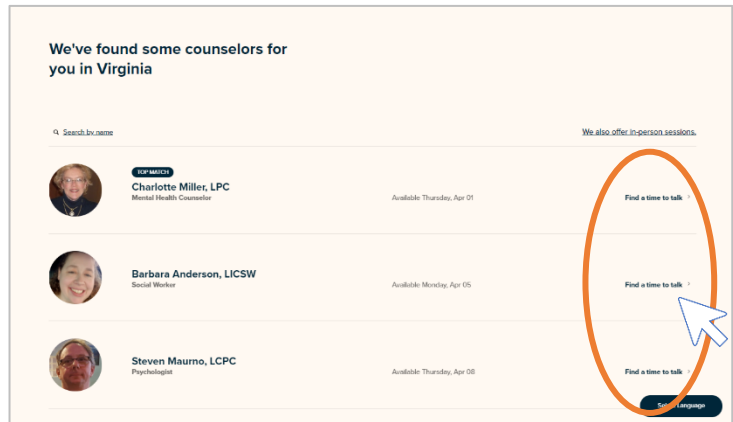
- Request an in-person appointment at a counselor's office
- Receive a call or email within 48 hours with a list of suggested counselors
- Call and schedule an appointment with any recommended counselors
- Reach back out to us with counselor's name and appointment details



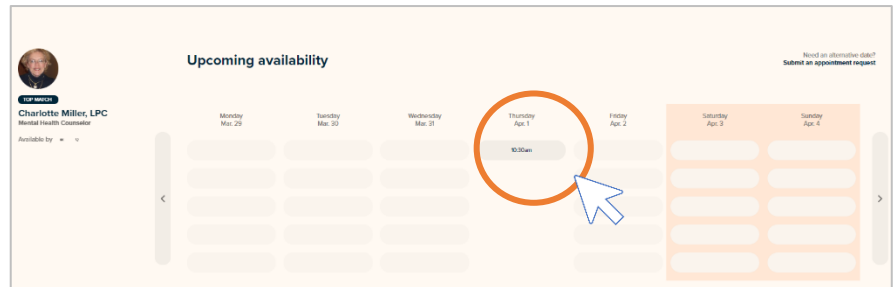


If you select **phone or video call**:

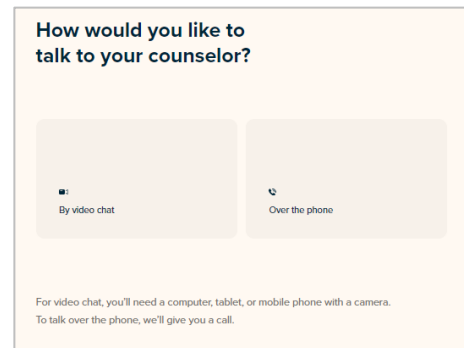
1. You will see provider names, photos and available dates. Click on *Find a time to talk*.



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, you'll need to register by entering the information requested. Remember, all information is confidential and not shared with PG&E.

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 and not shared with PG&E.

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