



## Employee Assistance Program

# Virtual consultations are available through Employee Assistance Program for US-based employees

Find support through a 1:1 virtual consultation with Diane Shelton



### Support when you need it

Receive assistance for a variety of issues – from stress and relationship issues to communication strategies and beyond



### Getting you connected

Easy access to additional resources, other services and referrals



### Quick and easy scheduling

[Click here](#) or scan the QR code to register and book an appointment

Scan the QR code to register and book a consultation



### Diane Shelton

Diane Shelton, PsyD, CEAP has over 25 years of clinical experience. She utilizes a solution-focused, collaborative approach to help individuals address personal, family, and professional issues including relationship concerns, stress management, and work/life issues.

Phone: 952-687-4342

Email: [diane\\_shelton@optum.com](mailto:diane_shelton@optum.com)

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest ambulatory and emergency room facility.** This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Employee Assistance Program resources may vary based on contract requirements or country regulatory requirements Coverage exclusions and limitations may apply.