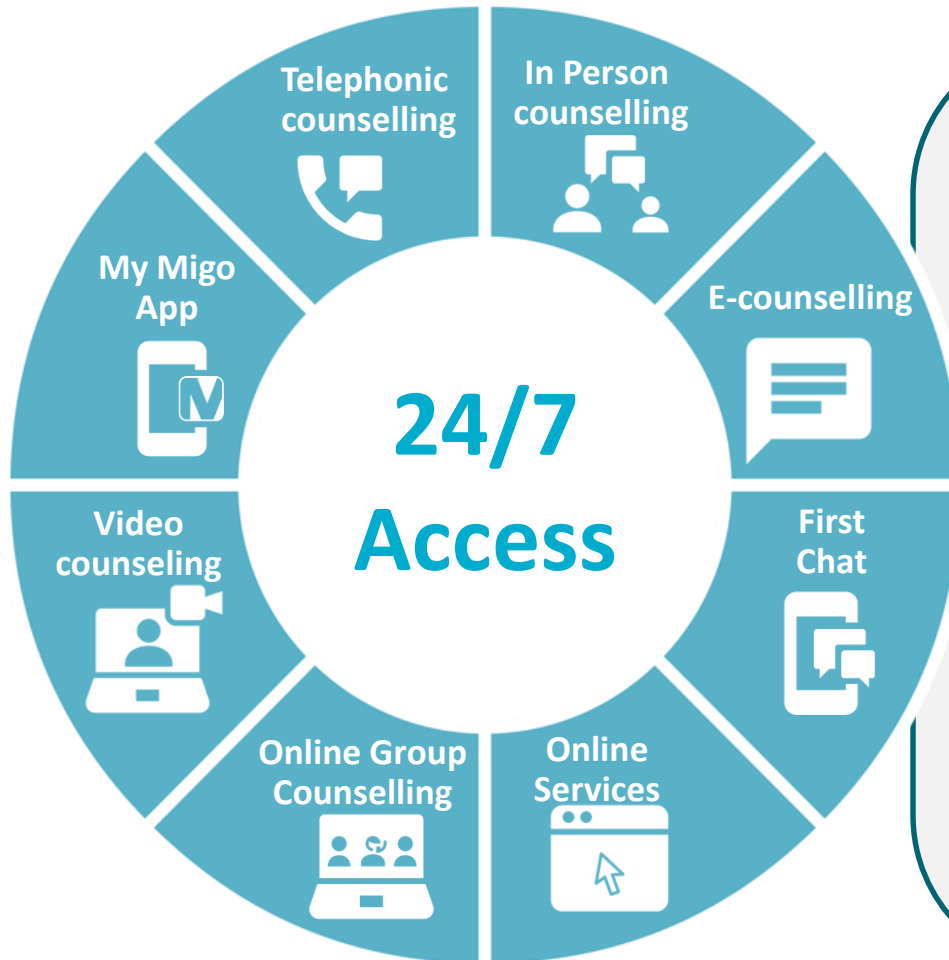


MAP's most accessible and comfortable options – available anytime/anywhere 24/7



COUNSELLING OPTIONS:

- **Telephonic Counselling.** Attend scheduled sessions over the phone
- **In-person Counselling.** Attend scheduled sessions in an office
- **E-Counselling.** Professional counselling sessions delivered via written email exchange
- **First Chat.** Chat instantly with a counsellor online; no appointment needed
- **Online and self-directed** programs are self-help, text-based, self-directed support packages that are mailed directly to your home
- **Online group counselling.** Attend scheduled group sessions online
- **Video counselling.** Attend secure sessions online at home using a webcam and secure video software
- **My Migo.** Is a mobile app designed to help create your personal counselling plan with the help of a team of experts