



## Sisters rebuild a relationship with Here4TN's help

Sally's\* daughters had always been the best of friends. Growing up, they were inseparable. That's why, when they became distant from each other as young adults, Sally became concerned. She tried to mediate but quickly realized she needed someone else's help.

Sally remembered she had an emotional wellbeing benefit called **Here4TN** through her employer, Tennessee State Government. She decided to call to ask about family counseling.

When Sally called, her **Here4TN** specialist answered all her questions. She learned she and her daughters could get five in-person sessions at no cost to her. Her **Here4TN** specialist even gave her a list of counselors close to her home.

"I had some reservations about seeing a counselor," said Sally. "But after giving it much thought,

"Sometimes you just need someone to talk to and someone to give you a different perspective."

I decided to give it a try. Sometimes you just need someone to talk to and someone to give you a different perspective on things."

Next, Sally had to convince her daughters to join her. Though one of her daughters was all for it, the other was skeptical. Sally gave them the appointment details and was pleased when they both joined.

"At first, no one wanted to open up," she said, adding that their counselor was very patient and made them all feel very comfortable.

Though it took some time, Sally is happy with the changes she has seen as a result of her **Here4TN** benefit.

"I have seen positive changes in both of my daughters, and the bond between them has strengthened and improved," said Sally. "They communicate more with each other and have started going out again together."

"The counselor provided them the tools they needed to improve their relationship."

Without the help of **Here4TN**, Sally's daughters may not have reconnected as they have.

"I really think our counselor was instrumental in helping them to see a different perspective," said Sally, adding that the counselor provided them the tools they needed to improve their relationship.

To others in her situation, Sally says, "Don't give up."

It never hurts to seek someone else's help. When you feel like you have tried and not succeeded, don't just throw your hands up."



### Looking for support right now?

Call **Here4TN** anytime for confidential support and access to five online or in-person counseling sessions per issue, per year at no cost to you.

**855-Here4TN**  
(855-437-3486)

**Here4TN.com**



\*Name has been changed to protect member's privacy. Stock photo used.

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