

## From Prevention to Intervention, Carebridge Can Help.

### How Can We Support You Today?

Your Employee Assistance Program (EAP) from Carebridge is a confidential mental health and work-life benefit available to you and your eligible family members via in-person, phone, email, chat, and digital tools.

### Confidential Care. Available 24-7.



#### Mental Health

Anxiety • Depression • Conflict • Addiction

Free consultations, short-term counseling with licensed clinicians, referrals for long-term care



#### Work-Life Services

Childcare • Eldercare • Legal • Financial

Unlimited access to work-life specialists for guidance, referrals, and educational support



#### Emotional Wellbeing & Behavioral Change

Motivation • Stress Relief • Mindfulness • Goal Setting

Live trainings, life coaching, virtual groups, and digital tools for proactive support

### Download the Carebridge EAP App

**This Benefit is Yours to Use!**

Access the benefits available to you and support your wellbeing today.



## How to Use Your Carebridge Benefit

### Share Your Concerns

When you call us, you'll be immediately connected to a compassionate professional who will learn about you and your needs and customize a path to wellbeing.

### Confidential Care

All the services available to you are kept confidential. Your privacy is important to us.

### Reach Out to Us

**800.437.0911**

[clientservice@carebridge.com](mailto:clientservice@carebridge.com)

[CarebridgeNow.com](https://www.CarebridgeNow.com)

### Access Code:

**54KTP**

**5 Sessions**