

When Should I Contact Carebridge?



What is included in this benefit?

- Mental Health Support
- Virtual Support Groups
- Life Coaching
- Work-Life Services
- Online Tools

Will my employer know I called?

No, these sessions are confidential.

Do I have to pay for counseling or coaching?

No, sessions with Carebridge are available at no cost to you.

How do I contact Carebridge?

800.437.0911

clientservice@carebridge.com
CarebridgeNow.com

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Carebridge EAP App



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App Store

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