

# Employee Assistance Program (EAP)

## MAKE EMOTIONAL WELL-BEING A PRIORITY



*Real Help, When and Where You or a Loved One Needs It*



### Confidential Mental Health Assistance

Access to 24/7 guidance and counseling with licensed clinicians to assist with concerns such as stress, anxiety, depression, grief, substance abuse, and relationship conflicts. Support options include five in-person or telehealth referrals, text and chat.



### Life Management Solutions

Experienced life management specialists can provide qualified referrals and resources for everyday concerns including child and eldercare, legal, wellness support groups, transportation, relocation, and pet care.



### Personal Money Management

Financial experts can provide you with the educational information and resources you need to create a budget, pay off debt, and establish savings.



### Education Planning

Useful educational guidance and information to assist from infancy through retirement. Obtain support to help your child learn while also identifying programs to develop your personal interests and skills.



### Virtual Resources and Support

Carebridge EAP App and mylifersource.com make it easy for you to access a wide array of mental health and life management resources including articles, trainings, calculators, self-care tips, mindfulness practices, discount shopping program, and more.

## Carebridge Can Help

Free and Confidential  
24 Hours a Day, 7 Days a Week  
800.437.0911  
clientservice@carebridge.com  
mylifersource.com  
Access Code: TTY4N



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