EMPLOYEE ASSISTANCE PROGRAM (EAP) & LIFE MANAGEMENT SERVICES

EAP BASICS
- Automatic coverage – no enrollment is needed
- Unlimited telephonic support – reach out 24/7/365
- Legal resources available
- No cost to you
- Help is confidential

LIFE MANAGEMENT RESOURCES
Take advantage of unlimited consultations with specialists in the following fields:
- Child Care/Parenting
- Eldercare
- Money Management
- Education Planning
- Convenience Services

Helpful resources available at: www.myliferesource.com
Secure website access code: TTY4N
For immediate assistance, call 800.437.0911
or email Carebridge at: clientservice@carebridge.com

CONFIDENTIAL COUNSELING — AT YOUR CONVENIENCE
Carebridge can assist with emotional concerns such as grief, depression, anxiety, stress, relationship difficulties, and addictions. Referrals are provided for up to five counseling sessions with a licensed clinician in your community or by phone.

Excellence in Employee Support Services

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