

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

