



## How to Use Your Carebridge Benefit

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### Reach out to us.

800.437.0911

clientservice@carebridge.com

myliferesource.com

Carebridge EAP app

2

### Share your concerns.

When you call Carebridge, you're immediately connected with a compassionate person who will gather your information, assess your needs, and customize your path to wellbeing.

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### Trust the services you receive are confidential.

Your privacy is important to us.



From Prevention to Intervention,  
Carebridge Can Help.

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Access Code: C9AGJ



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Provided for



### Mental Health

Anxiety · Depression · Conflict  
Grief · Addiction

### Work-Life Services

Childcare · Eldercare · Legal · Financial

### Emotional Wellbeing & Behavioral Change

Motivation · Stress Relief  
Mindfulness · Goal Setting

Among U.S. adults

1 in 7

support both a child  
and aging parent



**Your Employee Assistance Program (EAP) from Carebridge is a confidential mental health and work-life benefit available to you 24-7 via phone, email, chat, and digital tools.**

### Mental Health

Carebridge offers free consults, short-term care through our extensive network of licensed counselors, and assistance with referrals for long-term care.

We're here to help you with:

- Stress
- Anxiety
- Depression
- Grief
- Child and teen development
- Family transitions
- Relationship conflicts
- Work concerns
- Alcohol and substance use
- Trauma
- Domestic abuse
- Burnout



### Emotional Wellbeing & Behavioral Change

Carebridge can also help you proactively support your emotional wellbeing and mental health through services that encourage positive change. We provide innovative digital tools, life coaching, live trainings, and virtual support groups for you to learn, practice, and thrive.

### Confidential Support for You & Your Family

We offer many options to assist you and your eligible family members. Compassionate, experienced, licensed counselors are available 24-7.

Counseling options include  
5 sessions per issue, per year:

- In-the-moment consults
- In-person, in-office
- Live virtual counseling sessions



### Digital Tools & Resources

Not sure you want to reach out to talk to anyone about your concerns? Carebridge offers a wide variety of digital tools to support your mental health and work-life needs on your own, including:

- Self-assessment tools
- Live mindfulness practice
- Podcasts, articles, and education
- On-demand videos and webinars
- Virtual support groups

### Work-Life Services

Unlimited live telephonic consults are available with our work-life specialists who will assist you in resolving concerns by offering resources and referrals related to:

- Childcare & Parenting
- Eldercare & Caregiving
- Financial Stress
- Legal Concerns
- Education Planning
- Convenience Services

