



## How to Use Your Carebridge Benefit

1

### Reach out to us.

800.437.0911

clientservice@carebridge.com

CarebridgeNow.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.

3

### 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: HXJ4X



TBR-OV-04-22-A1



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  
3 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



From Prevention to Intervention, Carebridge Can Help.

## How Can We Support You Today?

Your Employee Assistance Program (EAP) from Carebridge is a confidential mental health and work-life benefit available to you and your eligible family members via in-person, phone, email, chat, and digital tools.

### Confidential Care. Available 24-7.



#### Mental Health

Anxiety · Depression · Conflict · Grief · Addiction

Free consultations, short-term counseling with licensed clinicians, referrals for long-term care



#### Work-Life Services

Childcare · Eldercare · Legal · Financial

Unlimited access to work-life specialists for guidance, referrals, and educational support



#### Emotional Wellbeing & Behavioral Change

Motivation · Stress Relief · Mindfulness · Goal Setting

Live trainings, life coaching, virtual groups, and digital tools for proactive support



### Download the Carebridge EAP App

This Benefit is Yours to Use!

Access the benefits available to you and support your wellbeing today.

## How to Use Your Carebridge Benefit

### Reach Out to Us

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CarebridgeNow.com

### Share Your Concerns

When you call us, you'll be immediately connected to a compassionate professional who will learn about you and your needs and customize a path to wellbeing.

### Confidential Care

All the services available to you are kept confidential. Your privacy is important to us.

Access Code: HXJ4X

From Prevention to Intervention, Carebridge Can Help.

## Life Doesn't Stop When You're At Work.

That's Why We're Here for You & Eligible Family Members with Free and Confidential Support.



### Mental Health Support

Build resilience and overcome life's tough moments.

Get real support for anxiety, depression, conflict, grief, addiction, and more. We provide free consultations, short-term counseling with licensed clinicians, and referrals for long-term care.



### Work-Life Services

You don't need to have it all figured out.

Let us help you through life's circumstances, such as childcare, eldercare, legal, and financial matters. We offer unlimited access to work-life specialists for guidance, referrals, and educational support.



### Emotional Wellbeing & Behavioral Change

Reach your highest potential every day.

Make progress towards your goals with motivation, stress relief, mindfulness, and goal-setting assistance. We provide live training, life coaching, virtual groups, and digital tools for proactive support.

Use your Carebridge EAP  
to your advantage today!

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CarebridgeNow.com



Download the  
Carebridge EAP App





From Prevention to Intervention, Carebridge Can Help.

# Keep Carebridge in your pocket.

Free confidential support  
is available 24-7.

- Chat with Carebridge
- Self-Assessment Tools
- Mental Health Support
- Work-Life Support
- Mindfulness Tools
- Video & Audio Trainings

[carebridgenow.com](https://carebridgenow.com)  
800.437.0911

Download the  
**Carebridge EAP App**



**1 UNREAD MESSAGE:**

You rely on your phone  
for so many things.  
Why not your **mental  
health and wellbeing?**