

## 60 WAYS

# to Use Carebridge EAP

Carebridge EAP (employee assistance program) is meant for much more than a “worst-case scenario” hotline. It’s a comprehensive resource intended to be used in both good times and difficult times. **For prevention and intervention. At work and at home.**



HERE ARE 60 DIFFERENT WAYS CAREBRIDGE EAP IS AVAILABLE TO HELP YOU AND YOUR FAMILY MEMBERS:

01. In-the-moment Support
02. Increasing Motivation
03. Parenting Questions
04. Effective Communication
05. Stress
06. Anxiety
07. Overwhelm
08. Depression
09. Burnout
10. Compassion Fatigue
11. Pregnancy
12. Adoption
13. Family Transition
14. Navigating Divorce
15. Trauma
16. Domestic Abuse
17. Workplace Critical Incidence
18. Suicide Prevention
19. Relationship Conflict
20. Grief
21. Loss
22. Alcohol & Substance Use
23. Childcare Coordination
24. Eldercare Planning
25. Legal Questions and Concerns
26. Financial Stress
27. Creating a Budget
28. Manager Consultations
29. Learning Mindfulness
30. Goal Setting
31. Writing a Will
32. Smoking Cessation
33. Pet Care
34. Discount Shopping
35. Home Repair
36. Relocation or Moving
37. Increasing Resiliency
38. Prioritizing Goals
39. Improving Mindset
40. Making Positive Behavioral Change
41. Meditation
42. Mindful Eating
43. Natural Disasters
44. Leadership Training
45. Self-Assessments
46. LGBTQ+ Support
47. Loneliness
48. Time Management
49. Retirement Planning
50. Work-Life Balance
51. Reviewing a Custody Agreement
52. Tutoring
53. Special Needs Services
54. College Planning
55. Facing a Phobia
56. Coping with a Diagnosis
57. Finding an At-home Healthcare Assistant
58. Increasing your Emotional Intelligence
59. Couples Counseling
60. **...anything else that impacts your mental health and wellbeing!**