60 WAYS

to Use Carebridge EAP

Carebridge EAP (employee assistance program) is meant for much more than a "worstcase 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!