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.

800.437.0911
clientservice@carebridge.com
CarebridgeNow.com
Access Code: XGR7S

Mental Health
- Anxiety
- Depression
- Conflict
- Grief
- Addiction

Work-Life Services
- Childcare
- Eldercare
- Legal
- Financial

Emotional Wellbeing & Behavioral Change
- Motivation
- Stress Relief
- Mindfulness
- Goal Setting
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

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:

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- Anxiety
- Depression
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- Child and teen development
- Family transitions
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**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.

**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

**Counseling options include 6 sessions per issue, per year:**

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

**Among U.S. adults 1 in 7 support both a child and aging parent**

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