

From Prevention to Intervention, Carebridge Can Help.

Life Doesn't Stop When You Take a Leave of Absence

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

It's common to experience co-occurring mental health concerns when you go out on leave. Carebridge EAP is still available to you 24-7.



Mental Health

- Anxiety
- Depression
- Conflict
- Grief & Loss
- Addiction



Work-Life Services

- Budgeting
- Estate Planning
- Legal Concerns
- Childcare
- Eldercare



Coping Tools

- Stress Relief
- Chronic Pain
- Mindfulness
- Tobacco Cessation
- Motivation

How to Use Your Carebridge Benefit

Reach Out to Us

800.437.0911

clientservice@carebridge.com

[CarebridgeNow.com](https://www.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: XGR7S