

# Mental Health & Work-Life Benefit



## Welcome to Carebridge EAP

Carebridge Employee Assistance Program (EAP) is a confidential mental health and work-life benefit provided by your employer at no cost to you.

Watch this 3-minute orientation video to learn when to use your Carebridge benefit, how to reach us, and what to expect.

**From Prevention to Intervention, Carebridge Can Help.**

[Click here to view video](#)



800.437.0911  
[myliferesource.com](http://myliferesource.com)

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