



Among U.S. adults
1 in 7

support both a child
and aging parent



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:

- Stress
- Anxiety
- Depression
- Grief
- Child and teen development
- Family transitions
- Relationship conflicts
- Work concerns
- Alcohol and substance use
- Trauma
- Domestic abuse
- Burnout

Mental Health

Anxiety • Depression • Conflict
Grief • Addiction

Work-Life Services

Childcare • Eldercare
Legal • Financial

Emotional Wellbeing & Behavioral Change

Motivation • Stress Relief
Mindfulness • Goal Setting

How to Use Your Carebridge Benefit

01

Reach out to us.

800.437.0911

clientservice@carebridge.com

[CarebridgeNow.com](https://carebridgenow.com)

Carebridge EAP app

02

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.

03

**Trust the services you
receive are confidential.**

Your privacy is important to us.



From Prevention to Intervention,
Carebridge Can Help.

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 5 sessions per issue, per year:

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



800.437.0911

clientservice@carebridge.com
[CarebridgeNow.com](https://carebridgenow.com)

Access Code: PRBBR

