



Trying to manage stress? Carebridge can help.

Too much stress can hurt your physical health and emotional well-being.

Your Carebridge EAP benefit provides up to five in-person or telehealth consultations with a professional behavioral health clinician skilled in your area of concern. Your EAP clinician can help you identify stress triggers and create a plan to help you manage your stress.

In addition, Carebridge can support you with a variety of Life Management Resources. You can talk to experts in the areas of child care/parenting, eldercare, money management, college planning, and relocation and receive personalized resources and referrals.

Your free, confidential EAP benefit provided through Carebridge Corporation is available to assist you 24/7 by calling **800.437.0911** or by contacting **clientservice@carebridge.com**. Educational resources are available on **myliferesource.com** and the Carebridge EAP App.



Excellence in Employee Support Services

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