

From Prevention to Intervention, Carebridge Can Help.

How Can We Support You Today?

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

Confidential Care. Available 24-7.



Mental Health

Anxiety · Depression · Conflict · Grief · Addiction

Free consultations, short-term counseling with licensed clinicians, referrals for long-term care



Work-Life Services

Childcare · Eldercare · Legal · Financial

Unlimited access to work-life specialists for guidance, referrals, and educational support



Emotional Wellbeing & Behavioral Change

Motivation · Stress Relief · Mindfulness · Goal Setting

Live trainings, life coaching, virtual groups, and digital tools for proactive support



Download the Carebridge EAP App

This Benefit is Yours to Use!

Access the benefits available to you and support your wellbeing today.

How to Use Your Carebridge Benefit

Reach Out to Us

800.437.0911

clientservice@carebridge.com
myliferesource.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: XKJ6P