



Employee Assistance Program and Work-Life Services

From time to time virtually everyone encounters problems and conflicts, which can feel overwhelming. *Carebridge Employee Assistance Program (EAP) and Work-Life Services* will provide confidential consultations to help you successfully manage life's challenges. Carebridge counselors will listen to your concerns, help identify the source of your problems, and work with you to bring about practical solutions as quickly as possible.

Carebridge and its network of skilled EAP counselors offer you a choice of either face-to-face or convenient scheduled telephone consultations. Each counselor is trained, credentialed, and experienced in helping you or your eligible dependent.

- *Marital Relationships*
- *Alcohol Problems*
- *Stress Management*
- *Family/Parenting Relationships*
- *Drug Problems*
- *Depression and Anxiety*
- *Grief and Loss*
- *Financial Pressures*
- *Difficult Emotional Issues*
- *Spousal/Child/Parent Abuse*
- *Work Relationships*
- *Smoking Cessation*

Via telephone, your Carebridge Work-Life Counselor will provide consultation and in-depth resources until your concerns are successfully resolved. Each Carebridge Counselor has an advanced degree and extensive experience in their specialized field.

- *Child Care Resources and Referrals*
- *Eldercare Consultation and Referrals*
- *College Planning*
- *Continuing Education*
- *Adoption Information*
- *Personal Financial Management*
- *Time Management & Life Balance*
- *Personal Convenience Services*
- *Achieving Wellness*
- *Online Shoppers Discount Program*

Along with accessibility *24 hours a day, 7 days per week*, Carebridge also maintains a website at www.myliferesource.com with additional information to support the counseling services. The assistance you receive is completely confidential and there is no cost to you or your eligible dependents for using this service. You do not have to complete an Enrollment Form to participate in the Carebridge Employee Assistance and Work-Life Program. Beginning January 1, 2009 you are automatically covered for this benefit.

Carebridge can help... 800-437-0911
www.myliferesource.com Access Code: HSBH4
24 hours per day, 7 days per week