

### **IMPORTANT NOTICE**

The decision to choose any provider or service rests solely with the client. Material provided by Carebridge is for informational purposes and must be verified by the client. Carebridge neither warrants nor recommends any service or provider referral within the information offered. Any final decision on the appropriateness of the information, services, or a given provider must be made by the client.

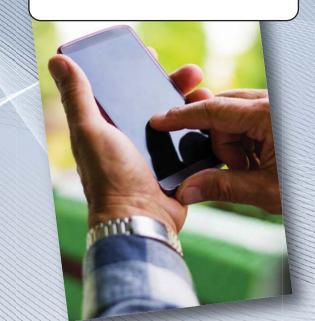


No matter where you are, Carebridge is available to help.

800-437-0911 www.myliferesource.com





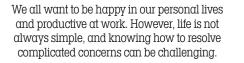


Trinity Health

# EMPLOYEE ASSISTANCE PROGRAM

Provided by Carebridge





#### Carebridge Employee Assistance Program (EAP) and Work-Life Services are available to assist you and benefit-eligible

loved ones when support is needed.

### Your well-being matters. Carebridge can help.

## Confidential Assistance When You Need It

Carebridge is available 24/7 for private consultations on the issues that matter to you. There is no cost for you to use this benefit.

Call any time with personal concerns, including:

- Stress management
- Anxiety and depression
- Substance abuse
- Parenting & family problems
- Relationship abuse
- Grief and loss
- Work stress
- Financial pressures
- Child care
- Aging parents
- Ill family members
- Legal matters
- Education planning
- Special needs
- Chronic health concerns
- Work-life balance
- Pet services
- Relocation
- And more

# What can I expect?

Carebridge's EAP and Work-Life Specialists will listen to your concerns and provide guidance, resources, and referrals leading to real solutions. The EAP provides referrals for six short-term, confidential counseling sessions at no expense to the user. You also have unlimited access to Work-Life Specialists to assist you with identifying the most appropriate and affordable resources to help meet your needs with issues such as child and elder care, finances, and convenience services.

# How do I access services?

You can call Carebridge toll-free, **800-437-0911**, for immediate consultation. You can also visit *www.myliferesource.com* to find expert articles, resources, and unique tools addressing a large scope of EAP and Work-Life issues. Your website access code is **BKKR5**.