

EAP Support for Increased Anxiety

The news of coronavirus can be unsettling. Carebridge Employee Assistance Program (EAP) and Work-Life Services is available for free, confidential, professional guidance and counseling to help employees:

- Develop a preparedness plan
- Create care plans for dependents
- Talk to children about the outbreak
- Manage finances during difficult times
- Cope with personal stress, anxiety and uncertainty

Helpful resources are available at myliferesource.com.

- COVID-19 resource center
- Child Care and Eldercare locators
- Legal documents
- Financial calculators
- Articles on emotional well-being resiliency

Carebridge can be reached at: [800.437.0911](tel:800.437.0911) or clientservice@carebridge.com, 24 hours a day, 7 days a week. Visit myliferesource.com for additional information. All services are free and confidential.



Excellence in Employee Support Services

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