

From Prevention to Intervention, Carebridge Can Help.

Keep Carebridge in your pocket.

Free confidential support is available 24-7.

- Chat with Carebridge
- Mental Health Support
- Work-Life Support
- Mindfulness Tools
- Self-Assessment Tools
- Access to Learning Events—
 Live Webinars/Support Groups

Download the Carebridge EAP App





myliferesource.com 800.437.0911

