

# Your free daily resource for improving mental fitness– all in one app.

- Chat with Carebridge
- Self-Assessment Tools
- Virtual Support Groups
- Learning Events
- Tap to Call
- Stress Support

You rely on your phone for so many things.

Why not your mental health and wellbeing?



## Download the Carebridge EAP App Today!



 **carebridge**  
EMPLOYEE ASSISTANCE PROGRAM

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