

# INSTITUTIONAL RESOURCES: INDIVIDUAL- EMPLOYEE ASSISTANCE PROGRAM

- Carebridge
  - [www.myliferesources.com](http://www.myliferesources.com)
  - 800-437-0911
- Confidential/ Free
- 24/7 Crisis/ Suicide Prevention Hotline
- Resource for
  - Child Care , Elder Care, Pet Care
  - Finances
  - Stress/ Depression/ Substance abuse
- Individual support



The image shows a brochure for Trinity Health's Employee Assistance Program (EAP) & Life Management. The brochure features the Trinity Health logo at the top right, which consists of a stylized purple and green flower-like symbol next to the text "Trinity Health". Below the logo, the text "EMPLOYEE ASSISTANCE PROGRAM (EAP) & LIFE MANAGEMENT" is written in blue. The main body of the brochure is white with a blue border. It is divided into two main sections: "EAP BASICS" and "LIFE MANAGEMENT RESOURCES". The "EAP BASICS" section lists several benefits: automatic coverage with no enrollment needed, unlimited telephonic support available 24/7/365, legal resources, no cost to the employee, and confidentiality. The "LIFE MANAGEMENT RESOURCES" section lists services such as child care/parenting, eldercare, money management, education planning, and convenience services. It also provides contact information for helpful resources, including the website [www.myliferesources.com](http://www.myliferesources.com) and the secure website access code "BKCRS". For immediate assistance, it lists the phone number 800-437-0911 and the email address [clientservice@carebridge.com](mailto:clientservice@carebridge.com). A separate box on the right side of the brochure, titled "CONFIDENTIAL COUNSELING - AT YOUR CONVENIENCE", states that Carebridge can assist with emotional concerns like grief, depression, stress, and relationship difficulties, and that referrals are provided for up to counseling sessions with a licensed clinician in the community or by phone. At the bottom of the brochure, the Carebridge Corporation logo is displayed, featuring a stylized red and white circular icon. To the right of the logo is the tagline "Excellence in Employee Support". Small text at the bottom right corner reads "© Copyright Carebridge Corporation. All Rights Reserved." and there are icons for social media platforms like Facebook.

Trinity Health  
EMPLOYEE ASSISTANCE PROGRAM (EAP) & LIFE MANAGEMENT

**EAP BASICS**

- Automatic coverage – no enrollment is needed
- Unlimited telephonic support – reach out 24/7/365
- Legal resources available
- No cost to you
- Help is confidential

**LIFE MANAGEMENT RESOURCES**

Take advantage of unlimited consultations with specialists in the following fields:

- Child Care/Parenting
- Eldercare
- Money Management
- Education Planning
- Convenience Services

Helpful resources available at:  
[www.myliferesources.com](http://www.myliferesources.com)  
Secure website access code: BKCRS

For immediate assistance, call  
**800-437-0911**  
or email Carebridge at:  
[clientservice@carebridge.com](mailto:clientservice@carebridge.com)

**CONFIDENTIAL COUNSELING – AT YOUR CONVENIENCE**

Carebridge can assist with emotional concerns such as grief, depression, stress, relationship difficulties, and more. Referrals are provided for up to counseling sessions with a licensed clinician in your community or by phone.

**Carebridge**  
CORPORATION

Excellence in Employee Support

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