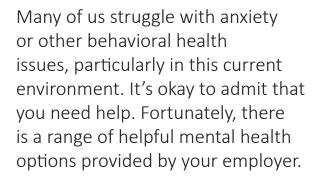
## CLAREMONT (S) IBH

Helping you be your best.



# Claremont EAP is Here to Help



Prioritizing your self-care is an act of strength. Claremont EAP has many services that can be delivered when, where, and how you need it.



Several online resources, including webinars, self-assessments, positive psychology and behavioral health resources are available.



Mental health support with a licensed counselor through video counseling, live chat, and asynchronous messaging.



Telephonic work-life balance services, including legal, financial, childcare, elder/adult care, college planning, relocation, and other helpful experts and resources.

claremonteap.com 800.834.3773



#### **On-Demand Emotional Wellness Support**

Tess is an AI chatbot that provides support and checkins to boost your wellness. Tess is available 24/7 to talk at your convenience, in order to enhance your well being. Text "Hi" to Tess and enter "Claremont" as your company name to get started: **650-825-9634** 

### **Online Peer Support and Recovery Groups**

The EAP includes referrals to participate in online groups support. Peer Support is available for a variety of issues including:

- Get it Done When You're
  Depressed
- Anxiety
- Depression
- Support for People of Color
- Depression Support for Women
- Bipolar Disorder
- Substance Abuse
- Front-Line Workers

Call **800-834-3773** to get started.

#### **Short-Term Counseling**

Claremont offers in-person counseling with a licensed clinician to address issues such as marital relationships, depression, grief and loss, anxiety, substance abuse, and work stess. Call **800-834-8334** to access your benefit.

#### **Online Wellness Resources**

Visit Claremont Personal Advantage to access wellness webinars, articles, assessments and more: claremonteap.personaladvantage.com