

Your Carebridge EAP assistance is confidential and conforms to HIPAA regulations. No names are identified or reported to anyone without your written authorization except in the following situations: by court order, imminent threat of harm to self or others, or situations of abuse (such as child or elder abuse).

### *Financial and Home Buying Help*

**Financial Consultation** is available to you at no cost by consultants having extensive banking experience plus a Certified Financial Planner accreditation.

### *House Purchase/Sale*

Carebridge real estate specialists provide information as you purchase or sell your home. They can provide neighborhood analysis on any community or school system in the United States.

### *Personal Convenience Services*

Your time is limited. **Carebridge Convenience Specialists** can save you time, trouble, and sometimes money by providing the guidance, information, and referrals required to meet needs in areas such as petcare, cleaning services, home improvements, auto purchase/repair, wellness services, travel arrangements, and other pressing daily life concerns.

### *Wellness*

Your wellness objectives will receive strong consultative assistance through the Carebridge program.

EAP Counselors will provide consultative and referral assistance on wellness issues such as substance abuse, depression, anxiety, stress management, as well as guidance on emotional components that accompany chronic health concerns.

Work Life Specialists will identify resources, including those provided through your employer, to modify a lifestyle factor or facilitate behavioral changes such as nicotine cessation, weight management, and achieving fitness goals.



Carebridge can provide service in a variety of ways.

- Counselor Assistance*
- Referrals for Services/Providers*
- Schedule a Call with an Expert*
- Email Information*
- Materials on a Key Concern*
- Email Consultation*
- Personal Website Guidance*

CALL: 800-437-0911

EMAIL: [clientservice@carebridge.com](mailto:clientservice@carebridge.com)

ACCESS OUR WEBSITE

[www.myliferesource.com](http://www.myliferesource.com)

Secure Access Code: **WY6CE**

#### **IMPORTANT NOTICE**

The decision to choose any provider or service rests solely with the client. Material provided by Carebridge is for informational purposes and must be verified by the client. Carebridge neither warrants nor recommends any service or provider referral within the information offered. Any final decision on the appropriateness of the information, services or a given provider must be made by the client.

# SYRACUSE UNIVERSITY

Faculty and Staff Assistance Program

Presents

## Personal Help for Work and Life



*Employee Assistance (EAP)*

*Work-Life*

*Wellness*

*Life Management*

*Web & Online Services*

# Your Benefit

Carebridge Employee Assistance Services and Work-Life resources are available to all members of the University community eligible to participate in the University's medical plan, including benefits-eligible faculty and staff, graduate assistants, and retirees, as well as their dependents.

## Employee Assistance (EAP) Services

Your benefit provides up to six face-to-face or telephonic EAP consultations with a professional behavioral health clinician skilled in your area of concern. In certain types of needs, your Carebridge Counselor may refer you to additional appropriate sources of help.

Carebridge EAP Counselors will help you with concerns such as:

- Marital and Relationship Issues
- Alcohol and Drug Abuse
- Stress Management
- Family/Parenting Problems
- Depression or Anxiety
- Grief and Loss
- Financial Pressures
- Difficult Emotional Problems
- Spousal/Child/Parent Abuse
- Work Relationships
- Legal Assistance
- Wellness Information
- Troubling Personal Matters

Licensed Carebridge Counselors will listen to your concerns, help you identify the source of your problem, and work with you to bring about workable solutions as quickly as possible.

## Life Management & Work-Life Assistance

The package of Carebridge services your employer has provided on your behalf includes Life Management and Work-Life Assistance. Under this benefit, specialized guidance is available for the management of personal and family concerns. Helpful information and resources are provided to assist you in making the best decisions possible to resolve your concern.

Your benefit also includes unlimited expert assistance by telephone in issues related to any of the following broad spheres of concern:

- Child Care Resourcing and Information
- Eldercare Assistance
- Parenting Information
- Educational Guidance: Schooling/College/Distance
- Relocation Guidance and Neighborhood Analysis
- Time Management and Life Balance Guidance
- Legal Assistance
- Adoption Guidance
- Travel and Expatriate Information
- Consumer Information
- Retirement Planning



Carebridge  
service is available  
24/7/365.  
Contact us by calling  
1-800-437-0911  
or by emailing us at:  
clientservice@carebridge.com

## Online Tools and Services

**MyLifeResource.com** is a comprehensive, interactive website providing expert articles and resources as well as unique tools addressing the topics that matter most to you. All provided in a convenient, simple to use environment. Use your login code: **WY6CE** to gain access to:

### Professionally Written Articles and Resources on:

- Relationships
- Stress Management
- Child Care and Elder Care
- Balancing Work and Family
- Wellness
- Legal and Financial

### Multimedia Resources:

- Streamed Videos
- Self Assessments
- Interactive Wellness Tutorials
- Online Trainings & Webinars

### Provider Searches and Databases:

- Child Care
- Elder Care
- Relocation
- Education

### Other Tools and Features:

- Employee Discount Center
- Legal Documents
- Financial Calculators
- RSS Feeds, Polls, Tips

Carebridge assistance  
is fully confidential.