

Syracuse University WorkLife Benefits through Carebridge

INTEGRATED, ACCESSIBLE, CONFIDENTIAL SUPPORT

for benefits-eligible faculty, staff, retirees, and dependents.

FINANCIAL CONCERNS

Access to money management specialists



24-HOUR ACCESS

to licensed, credentialed counselors

6 confidential, free, face-to-face or phone counseling sessions and referrals* (must be eligible for University medical coverage)

COUNSELING BENEFITS



LEGAL CONCERNS

FREE 30-minute consultation with local attorney



WORK-LIFE SERVICES

Speak with specialists in the areas of elder care, college planning, child care, relocation, and adoption services

**per individual per problem per year; may call back for additional sessions on same issue one year from the date of initial request*

CONTACT

Carebridge at 800.437.0911. Trained clinicians answer the phone **24|7|365**

Online myliferesource.com access code: WY6CE

Access to insightful videos, wellness articles, self-paced courses, and much more!



Excellence in Employee Support Services

Syracuse University
Faculty and Staff Assistance Program