

Mental Health Month & Your EAP Benefits



Good mental health is critical to succeeding in our jobs, maintaining positive personal relationships and doing well in general. Many wellness services are available to HJF employees through the HJF Employee Assistance Program (EAP). These benefits are available through Carebridge and Mental Health Month is the perfect time for you to check out these benefits, which are available at no cost to you and your family! Below are five of the many EAP benefits you have access to:

- Confidential counseling by accredited counselors, by telephone or virtually (up to six sessions)
- Eldercare assistance, including help with medical directives
- Financial calculators and college planning resources
- Assistance with legal documents
- Childcare resources and adoption guidance

Here are four ways you can contact Carebridge to access your EAP benefits:

1. **Phone:** 800-437-0911 (unlimited telephone access to work-life specialists; outside Washington, D.C. metro area call 888-432-5224)
2. **Website:** Visit MyLifeResource.com (you will need to first register and use access code NBGM4)
3. **Email:** clientservice@carebridge.com
4. **Mobile App:** [Available on both Android and Apple phones](#)

Check out this short [video presentation](#) that summarizes your Carebridge benefits.

For more information, or questions about access to any EAP benefits, contact Naomi Wood, HJF Benefits Administrator at 240-694-2153 or email her at nwood@hjf.org.

Carebridge offers free and confidential resources and referrals. You may contact Carebridge 24 hours a day, 7 days a week. You may also download the Carebridge EAP App by visiting www.myliferesource.com.