

# CLAREMONT

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Helping you be your best.



## Claremont is Your Resilience Resource

Many of us struggle with anxiety or other behavioral health issues, particularly in this current environment. It's okay to admit that you need help. Fortunately, there is a range of helpful mental health options provided by your employer.

**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](https://claremonteap.com)  
**800.834.3773**

### On-Demand Emotional Wellness Support

Tess is an AI chatbot that provides support and check-ins 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:

- Anxiety
- Depression
- Bipolar Disorder
- Substance Abuse

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 stress. 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](https://claremonteap.personaladvantage.com)**