

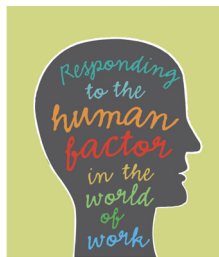


May is Mental Health Awareness Month

COVID-19 is forcing us to develop new ways of engaging, to prioritize self-care and to take care of each other. Now is the time to call Claremont.

You do not have to do this alone. Claremont offers a range of services:

- Schedule video or phone counseling visits with a licensed clinician
- Consult with an attorney to receive free legal assistance
- Get advice from a financial consultant via telephone to discuss your budget
- Have us research child care options in your neighborhood
- Talk to an elder care expert to locate resources for your aging relative
- Visit Claremont Personal Advantage at claremonteap.com for webinars, articles, assessments, videos and financial calculators
- Visit the Positivity Center for tips on mindfulness, resilience, compassion and more!



CLAREMONT EAP

To access your free and confidential services, contact Claremont at:

800-834-3773

claremonteap.com | positivitycenter.org

COVID-19 RESOURCE CENTER

Easy access to global news & Claremont EAP resources
claremonteap.com