



A Quick Guide to Claremont EAP

Your employer provides 24/7 Employee Assistance Program services to you and your family members in the immediate household. It's free. It's confidential. No forms, no copays, no deductibles. Why not call?

- Free, short-term counseling sessions with a licensed clinician in private practice. Counseling is available via video, in-person or asynchronous text.
- Prefer to communicate with an AI Chatbot? Tess provides emotional support via synchronous text.
- Interested in Online Support Groups? Claremont offers a range of confidential, specialized sessions.
- Free legal consultations!
- You can do a Simple Will for free.
- Free financial consultations!
- Looking for child care services? Claremont will generate a customized report for you, with a listing of appropriate services and other helpful information.
- Trying to find elder care services? Claremont provides nationwide referrals and customized reports.
- Need help choosing a public or private school for your child? Claremont can help you do the research.
- Feel overwhelmed by the college search process? Claremont can help you research undergraduate and graduate programs, including scholarships and financial aid.
- Claremont provides nationwide referrals for adoption attorneys, agencies and infertility specialists.
- Do you care for a pet? Claremont offers referrals for pet services such as vets, groomers, boarders, animal hospitals and pet sitters.
- Looking for a low or no cost community resource? Claremont provides referrals to 12-step meetings, inpatient and outpatient treatment facilities, and more.
- Visit the Claremont website for a range of behavioral health and positive psychology resources.

claremonteap.com
800.834.3773



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