



You Are Not Alone



May is Mental Health Awareness Month. The COVID pandemic has been challenging for most of us.

You are not alone in feeling its impact. This is the time to prioritize mental health and acknowledge that it's okay not to be okay.

Whether your challenges are big, small, or non-existent, Claremont encourages you to prioritize self-care and enhance your resilience. We provide many tools in your self-care toolkit.



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.

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, and 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 use, and work stress. Call **800-834-3773** to access your benefit.

Online Wellness Resources

Visit Claremont Personal Advantage to access wellness webinars, articles, assessments and more: **claremonteap.personaladvantage.com**



To access your counseling benefit, call Claremont EAP at: **800-834-3773**
www.claremonteap.com