

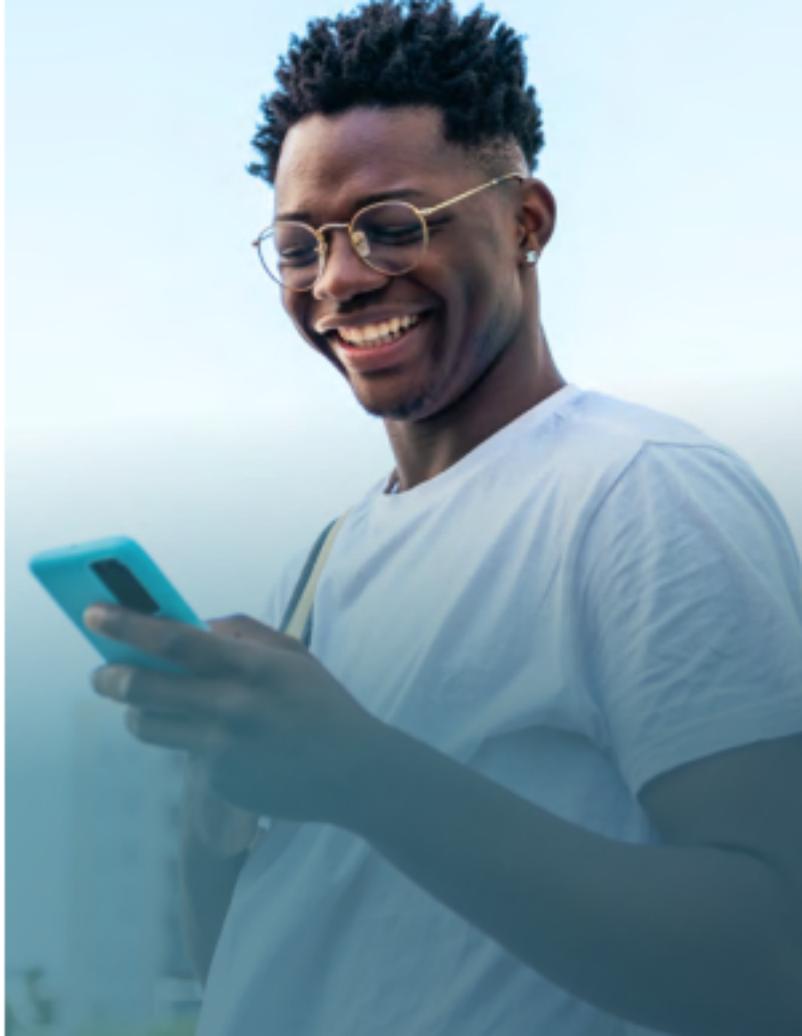
CLAREMONT

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Digital Employee Assistance Program

Life presents us with challenges at work and at home on a daily basis. You do not have to face these challenges alone.

1-800-834-3773
claremonteap.com



EAP benefits are available to all employees and their families at NO COST to you.

We are here to help.

Call **1-800-834-3773** or go to **claremonteap.com** to access online resources.

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Mental Health Services

- Short-Term Therapy
- 24-hour Crisis Help
- Tess Chatbot
- Online Peer Support Groups

Digital EAP Features

- Well-being Assessment
- Self-Guided Mental Health
- Skills Training

Work-Life Services

- Financial Help
- Legal Support
- Child & Parenting Services
- Adult & Eldercare Services
- Webinars & Trainings