

**1:25 p.m.**

Your son got suspended from school.

*WE'LL CONNECT YOU WITH PARENTING RESOURCES.*



**3:34 a.m.**

Depression has led to insomnia. Four nights in a row.

*WE'RE HERE TO LISTEN.*



**5:10 p.m.**

Your daycare just announced it's closing. In one week.

*WE'LL GIVE YOU A LIST OF PROVIDERS AND RESOURCES IN YOUR AREA.*

# Life happens 24/7.

Stress doesn't just happen at work.

That's why myLiveandworkwell is available anytime, anywhere.

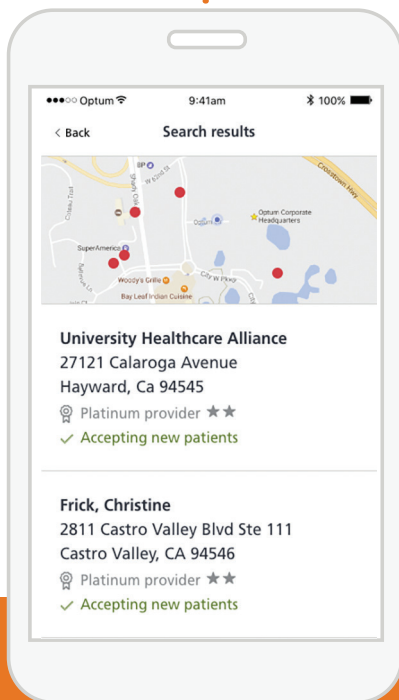


Log into the app with your company Live and Work Well access code: **Claremontcolleges**

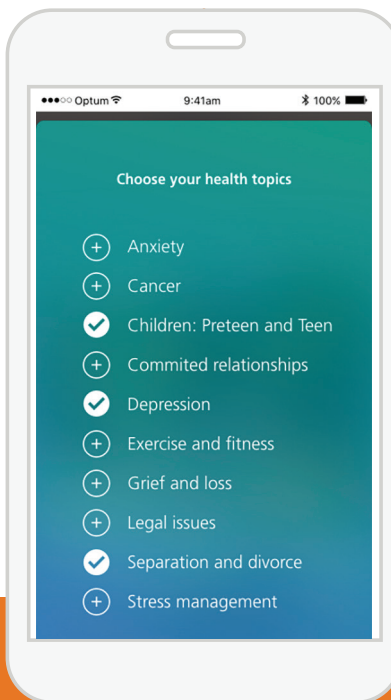
## The myLiveandworkwell app can help you navigate the chaos and find answers and support you can trust.

Use it to learn about your EAP services, find providers for face-to-face counseling and get authorizations for your free visits. You can even connect with an EAP specialist instantly via the click-to-call and chat features.

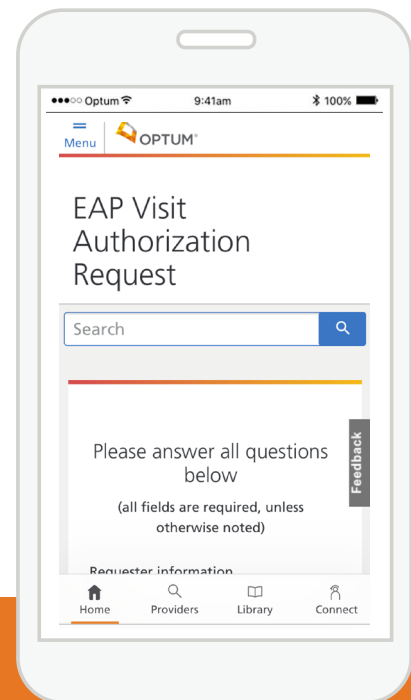
**Find a network EAP provider who can support you face-to-face.**



**Prefer to explore topics such as anxiety, caregiving, parenting, relationships and depression on your own? Browse the app's extensive library.**



**Get authorized to receive your free and confidential session with a clinician.**



Get the app. Visit the App Store or Google Play.



Log into the app with your company Live and Work Well access code: [Claremontcolleges](#)

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. This program and its components may not be available in all states and coverage exclusions may apply.

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