

Let us help

My EAP app

Get the help you need on your mobile device anytime anywhere.

Gain immediate, confidential and secure access to your Employee Assistance Program (EAP) on your mobile device. Available worldwide in three languages and across all major mobile platforms. Our My EAP app is your 'always-on' mobile support tool.

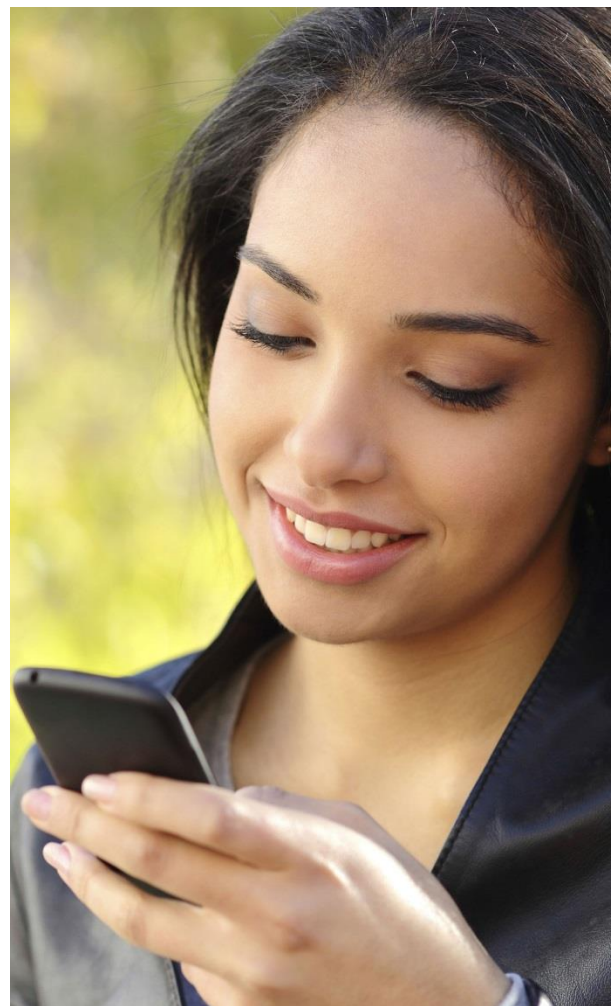
Confidential support 'on the go'

- Text message with a counselor.
- Call our Care Access Center for support worldwide with one touch
- Assess your stress, relationship, and finances.
- Insightful articles and videos.
- Connect with your EAP online tools.
- Available in English, Spanish, and French.
- Create a unique username and password to view the EAP services specific to your organization.

Free download and available worldwide

The My EAP app provides unparalleled access for your entire family to EAP services and support.

If you are in a crisis situation or at risk of harm to yourself or others, the Care Access Center is available 24/7 for immediate and confidential assistance.



Connect with us for confidential support or to learn more

With the **My EAP app** you and your family have another way to access immediate and confidential EAP support, all in the palm of your hand.

For immediate assistance, contact us at **1.888.893.6585** or visit **workhealthlife.com/NM3**.



Download My EAP app now at your device app store or scan the QR code.



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