



May is Mental Health Awareness Month

Claremont EAP wants you to live your best life.

Some people think that only people with mental illness have to pay attention to their mental health. The truth is: we all do.

Our emotions, thoughts and attitudes affect energy, productivity and overall health. Good mental health strengthens our ability to cope with every day challenges, and is essential to creating the life we want.

Claremont is here to help!

Claremont EAP provides free and confidential counseling to address:

- Depression
- Anxiety
- Stress
- Grief and loss
- Substance abuse
- Marital/relationship issues
- Parenting concerns

**To access your counseling benefit, call
Claremont EAP at:**

800-834-3773

www.claremonteap.com