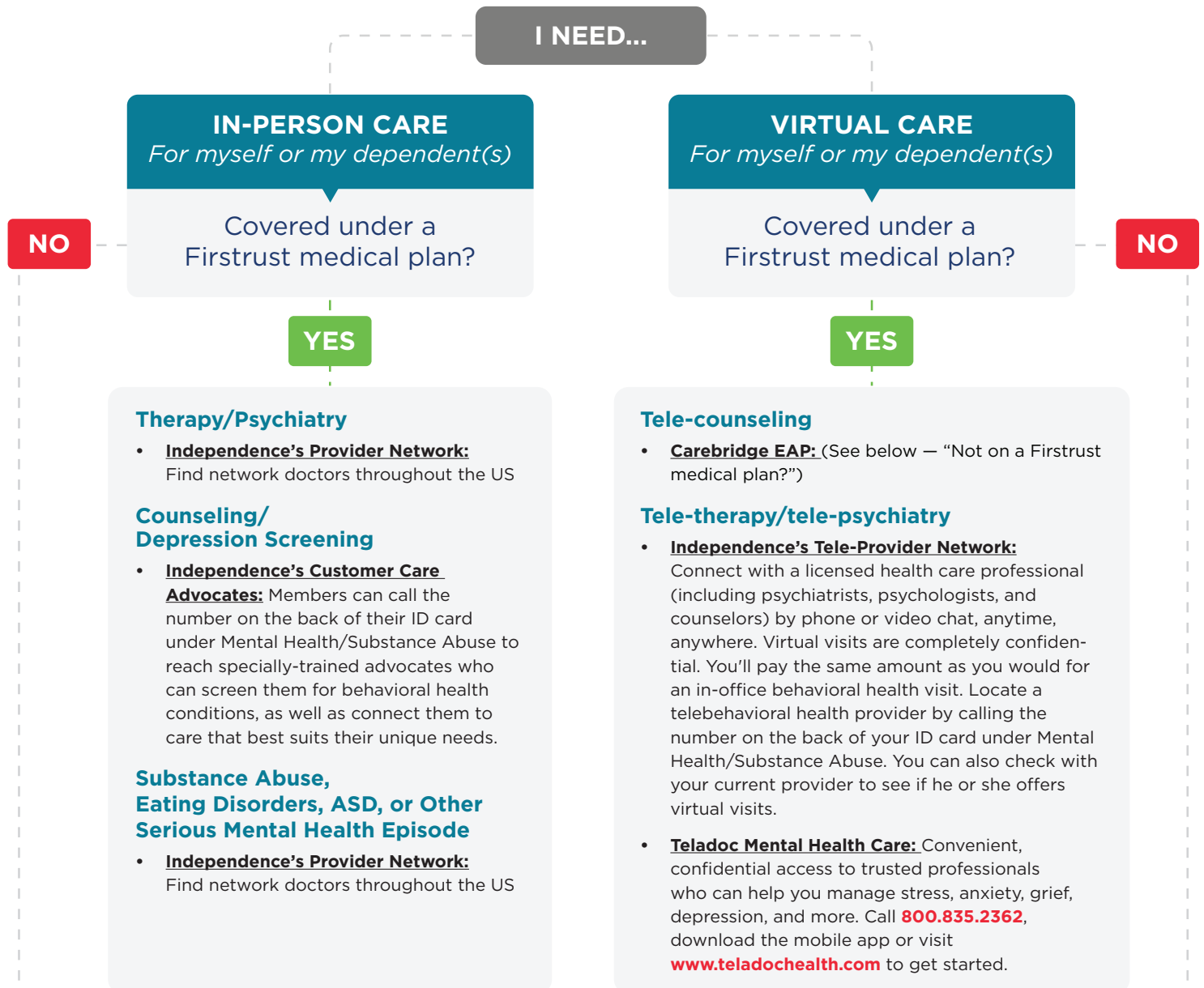


MENTAL HEALTH RESOURCES

For yourself and your dependents

At Firsttrust, we understand that mental wellness is as important as physical health. Please reference the below chart to identify resources that could meet you or your family's needs.

IMPORTANT NOTE: The resources below are intended for non-emergency treatment and care. If you or someone you know is in crisis, call or text **988** or chat online at **www.988lifeline.org**.



Not on a Firsttrust medical plan? The following resource is available:

CareBridge Employee Assistance Program (EAP): Carebridge EAP is a confidential mental health and work-life benefit provided by Firsttrust at no cost to you. Access free consults and short-term counseling 24-7 via phone, email, chat, or digital tools. To get started, download the Carebridge EAP app, visit **www.CarebridgeNow.com**, email **clientservice@carebridge.com**, or call us at **800.437.0911**.