

Your Employee Assistance Program (EAP)

Support for You, Your Dependents & Household Members—Anytime, Anywhere

Take Care of Your Wellbeing

Your Employee Assistance Program offers **confidential, no-cost resources** to help you navigate life's challenges—whether personal, professional, or anything in between.

6 FREE Therapy Sessions

- Up to **6 sessions per person, per issue, per year (in-person or virtual)**
 - To obtain an authorization code:
 - Virtual Option (Talkspace): call 866-248-4096 prior to registering for this service at talkspace.com/connect; OR
 - In-person Option: click Emotional Wellbeing Support Digital Authorization to obtain a letter with authorization code.
 - To ensure your provider is in-network before beginning your 6 free sessions, view the [Provider Directory](#). After your free sessions, you can continue care with that same provider.
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♀ FREE Premium Calm App Access

- Reduce stress, improve sleep, and boost focus with guided meditation, etc.



FREE Legal Resources (Wyoming-Specific) and Financial Wellbeing Support

- Access to **custom legal documents, such as Wills and Legal Trusts, tailored for Wyoming**
 - Save time and money with trusted guidance
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Resilience In Stressful Events (RISE) Program

- Free 24/7 support from trained peer responders
 - Call the RISE Team at 307-996-8850; OR
 - Visit [Mental Health Resources / RISE program – CRMC Intranet](#) for more information.
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Get Started Today

- **Call:** 1-866-248-4096
- **Download App:** Optum Assist
- **Online:** supportfinder.optum.com/crmc
- **Access Code:** CRMC



 *Invest in yourself—because your wellbeing matters.*