



## Employee Assistance Program (EAP)

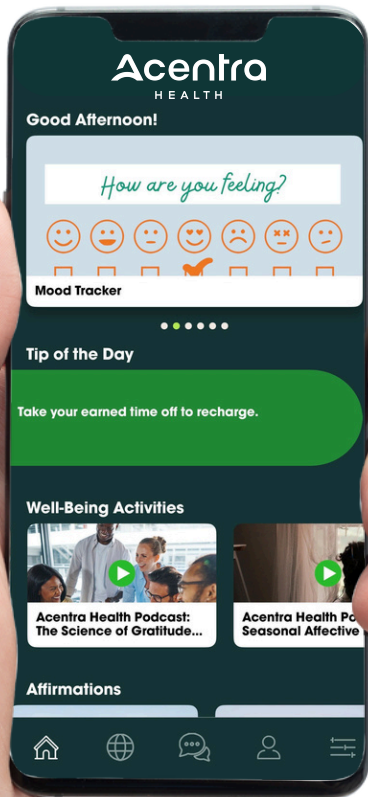
### Acentra Connect

An on-demand app providing instant access to mental health and well-being resources.



### Connect to Resources That Support Your Well-Being

Acentra Connect delivers on-demand resources to help you manage your well-being with useful tips, relevant articles, assessments, and motivational exercises. Accessing your EAP services are easier than ever. Acentra Connect is secure, confidential, and available 24/7.



### Quickly Access Helpful Resources

Check out the content library by topic to locate the resources you need instantly.

### Get Inspired and Stay Motivated

Receive motivational tips to help maintain your focus and shift your mindset. Save your favorite articles, too!

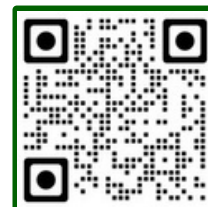
### Chat or Text Tess for Immediate Support

Easily contact Tess, your digital chatbot, for unlimited conversations and emotional support through the app or by texting "Hi" to (442) 245-8065.

### Talk to a Counselor

Connect with a mental health professional right away. No referrals or waiting for appointments.

USE CODE POOLPACTEAP TO REGISTER.



Scan the QR code to download the Acentra Connect mobile app.

