

PRIORITIZE YOUR MENTAL HEALTH



HOUSE STAFF BENEFITS PLAN

Cambridge Hospital
Boston Medical Center

Employee Assistance Program (EAP)

- Anxiety
 - Dependent Care & Caregiving
 - Depression
 - Drug and Alcohol Dependency
 - Education
 - Grief Assistance
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- Legal & Financial
 - Lifestyle & Fitness Management
 - Parenting
 - Pet Care
 - Work Issues

Experiencing any of the personal or family issues listed above? For immediate and FREE assistance, you can reach out via a benefit called [WorkLifeMatters](#). You can talk to a Work Life consultant in real time and get immediate, interactive assistance 24/7. You can schedule services using their online contact form or call 1-800-386-7055.

If you have any further questions, please feel free to contact the Benefits Office at (212) 356-8180 or via email at benefits@cirbenefitfunds.org, Monday – Friday, 9:00 am – 5:00 pm EST.

Sincerely,
CIR Benefit Funds Office

Phone: (212) 356-8180 Fax: (212) 356-8181 benefits@cirbenefitfunds.org <https://www.cirseiu.org>

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