



DEPARTMENT OF ADMINISTRATION  
**Office of Employee Benefits**

## **Employee Assistance Program (EAP) Monthly Email – September 2023**

### **Hope is here**

Suicide impacts millions of people each year. If you have suicidal thoughts, or have lost a loved one to suicide, you're not alone. Talking and learning about suicide are important steps toward prevention.

Your Caredon Wellbeing benefit offers support and resources at no extra cost. Use it to:

- Find professional counseling online or in person.
- Access information on the signs, symptoms, and risk factors for suicide.
- Find guidance for helping a loved one who could be considering suicide.

---

## Your Employee Assistance Program (EAP)

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. Just call or log on to get started.



**PHONE: 866-987-3705 | 401-429-2104**

**WEBSITE: <https://stateofrhodeisland.mybeaconwellbeing.com>**

*(If you're going to print this email, use attached "Printing Version" for best results)*

### Office of Employee Benefits

One Capitol Hill, 3rd Floor  
Providence, RI 02908

[www.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov)

Phone: (401) 574-8530

Fax: (401) 574-9281