

When life gets hard, we can help.

First Choice Health EAP now offers a full year of expert grief and mental health support via text message.

Employees or eligible family members can sign up to receive support when:

- Grieving the death of a loved one
- Grieving the loss of a pregnancy
- Grieving the death of a pet
- Caring for someone with a terminal diagnosis
- Facing burnout & fatigue as a healthcare worker

This free, confidential service is provided by First Choice Health EAP. **Sign up now** at <https://helptexts.com/fchn> or scan the QR code below.

