

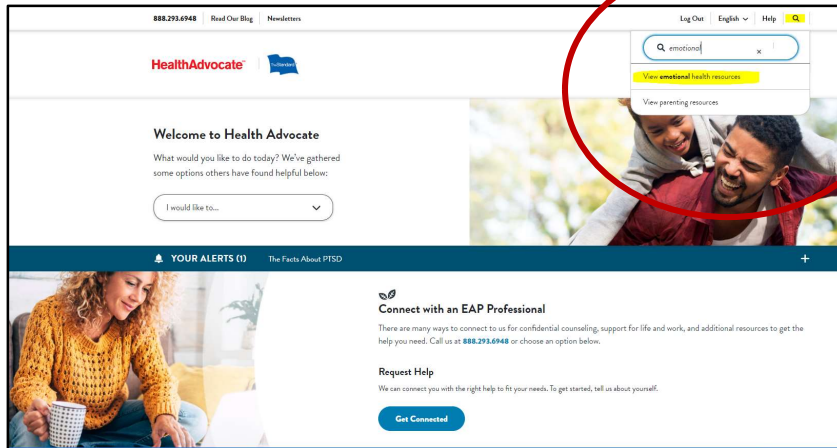
Building Resilience

Employee Assistance Program (EAP)

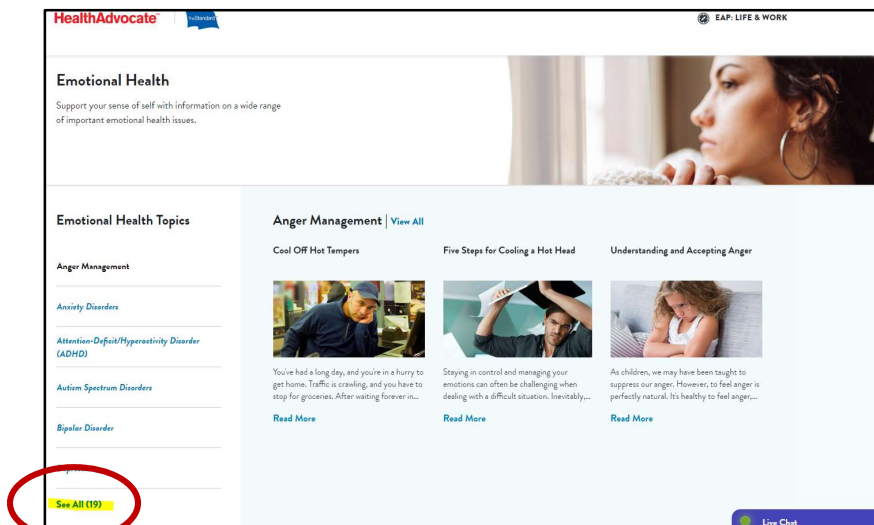
888.293.6948 (24 hours a day, 7 days a week)

To learn how to build resilience, go to: healthadvocate.com/standard3

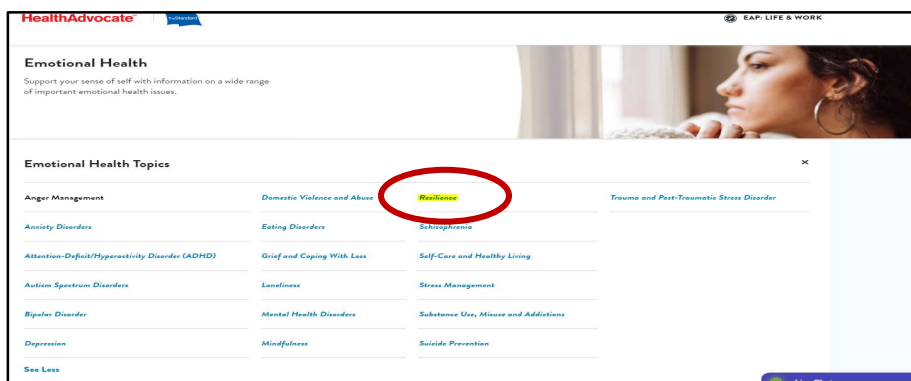
Search for: “Emotional Health Resources” and “Resilience”



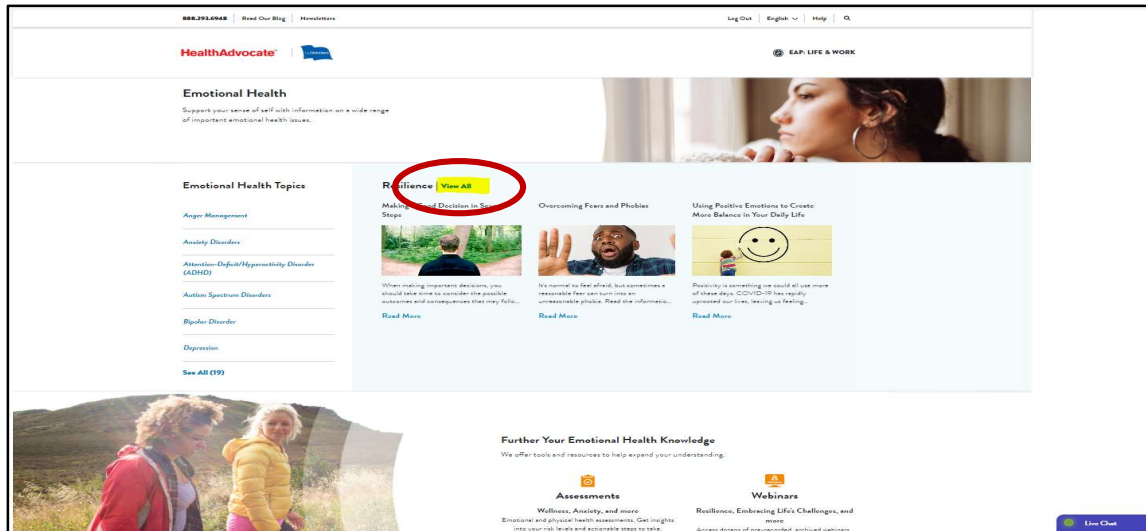
Select “See All”



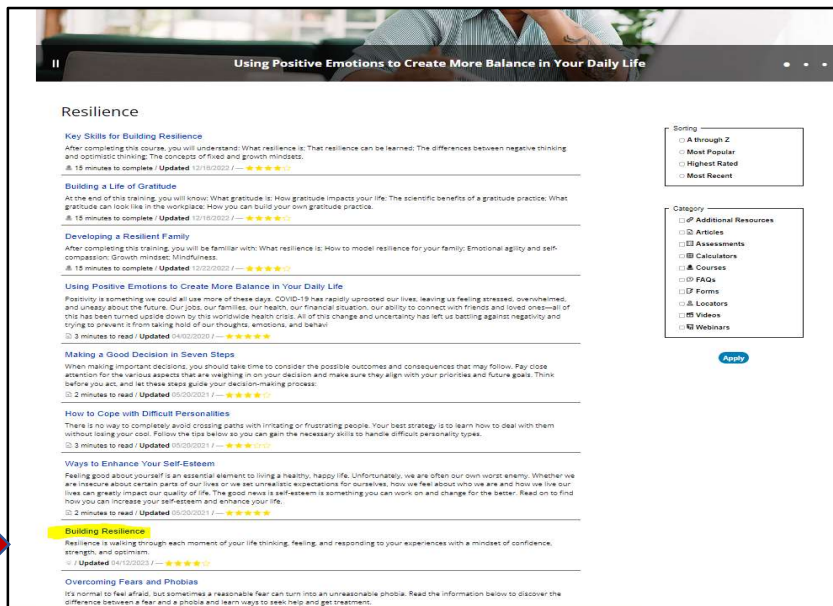
Select “Resilience”



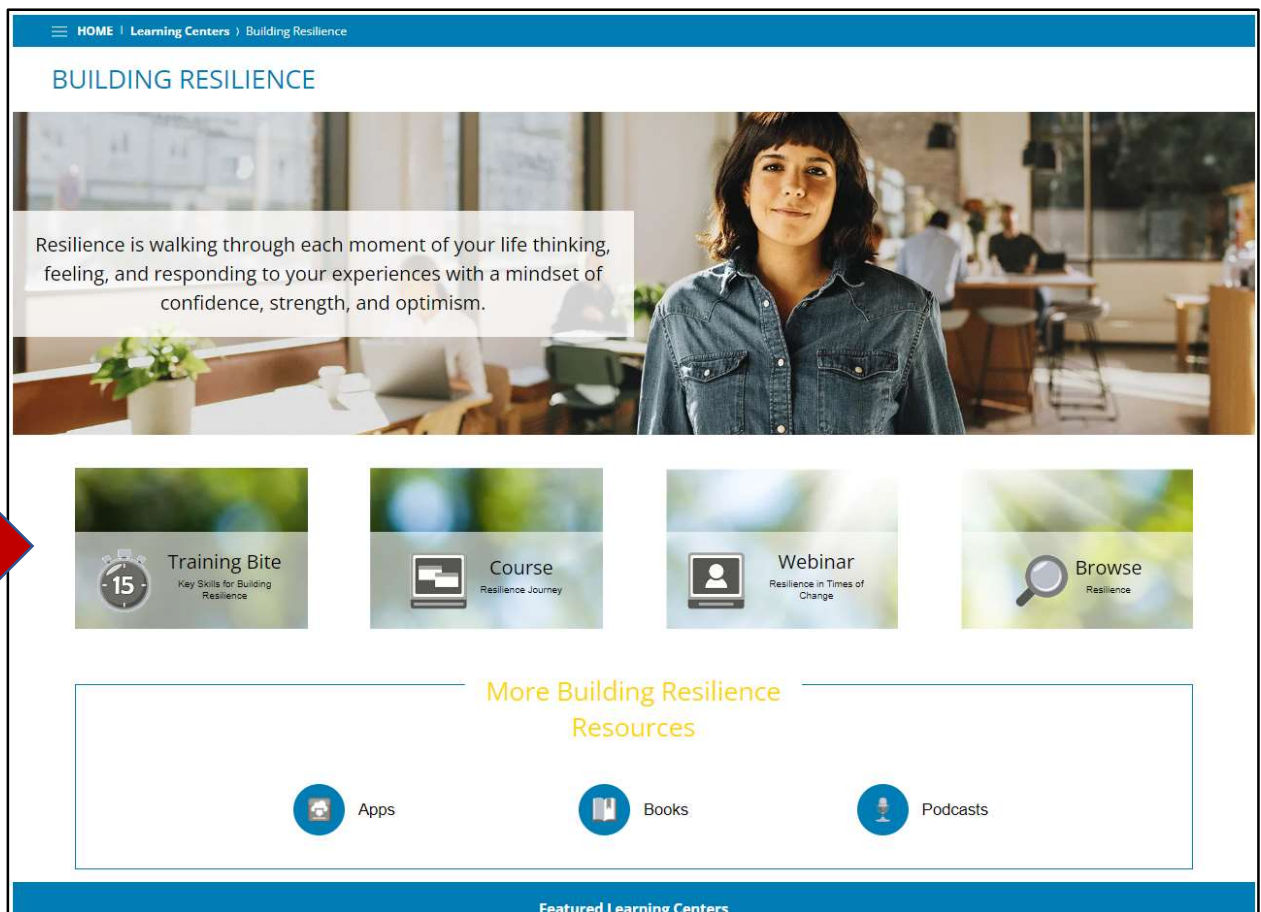
Select “View All”



To find the training course, select the Resilience Topic “Building Resilience” updated 4/12/2023:



You should arrive at the following “Building Resilience” screen showing several options.



Select “Training Bite”, and then “Course”, or select another resource. When prompted to create a username and password, enter your own private account, and enjoy the journey.

EAP: Life & Work Resource
brought to you by **HealthAdvocate**

Welcome

If you had a previous login to content, you will need to create a new username and password to use this site.

Enter your credentials.

Username
Username or Email

Password
Password

☐ Remember this device? (optional)

[Forgot your password?](#)

Don't have an account? [Sign-up now.](#)

[Continue](#)

If you have Questions, contact the Employee Assistance Program (EAP) directly at 888.293.6948 (24 hours a day, 7 days a week) or healthadvocate.com/standard3.