

# 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 a pregnancy loss
- Grieving the death of a pet
- Caring for someone with a terminal diagnosis
- Looking for support for health and well-being
- A healthcare worker facing burnout and fatigue

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.

To learn more, please visit <https://helptexts.com/faq/>

