



## Online Peer Support Groups

Get support when and where you need it. Join an Online Peer Support Group to learn about new coping strategies in a safe and caring environment.

### You Are Not Alone

If you are struggling with life's challenges, Claremont offers a new, free, and helpful service. Join an online support group with others who have similar issues and can offer you ideas, support and encouragement.

Support groups from Claremont EAP are easy to access by computer, tablet or smartphone. They are a Claremont EAP enhancement provided by your employer.

### Register for an Online Support Group

Simply call Claremont EAP to get started:  
**800.834.3773**

A Claremont EAP counselor will register you online so you can get started.

Each group is led by a specially trained Peer Specialist or Recovery Coach who helps everyone get the support they need.

#### Attend up to 10 free, confidential online sessions in a group that suits your needs:

- Addiction Recovery Groups
- Anxiety Recovery Groups
- Parenting Support Groups
- Depression Recovery Groups:
  - Depression
  - Bipolar Disorder
  - Get It Done When You're Depressed
  - Depression Support for People of Color, Women and LGBTQ+