



Helping you be your best.



# Claremont Online Support Groups



As a Claremont member, you now have access to join a variety of different online support groups that focus on mental health and wellness topics.

These online support groups are open to all Claremont clients over the age of 18. This added benefit will allow you to join small groups of 10 interested members who share similar experiences to your own and learn new techniques to help you achieve your mental health and wellness goals.

You can now register for the meetings/groups that interest you.

## You Are Not Alone

If you are struggling with life's challenges, Claremont offers this new, free, and helpful service.

Support groups from Claremont EAP are easy to access by computer, tablet or smartphone. These support groups are a Claremont EAP enhancement that is provided to you by your employer.

Topics can change weekly. Attend up to 10 free, confidential online sessions in a group that suits your needs.

## How To Register:



Simply call Claremont EAP to get access to the group of your choice:  
**800.834.3773**

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

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

**claremonteap.com**  
**800.834.3773**



## Current Topics Include

### Frontline Worker Support Groups

These meetings are for employees who need support and guidance while experiencing a stressful event or outcome while working on the frontlines (such as abusive behaviors from a patient, parent or customer). Come meet with others who are having similar experiences. In a 'safe zone' you will be able to express your thoughts and reactions, learn emotional first aid and helpful ways to deal with these problems, realize and get support and encouragement from others. Register for a meeting today

### Addiction Recovery Groups

The Self-Recovery program is a blend of the most successful treatments in the world, proven through research to help people end addiction with much better and longer-lasting results than traditional approaches. Self-Recovery offers 6 modules that walk you step-by-step through every part of addiction that you need to know to finally end it.

### Depression Recovery Group

This meeting is designed, led and attended by those who are diagnosed with a depression or believe they may have a depressive disorder. The intention of this group is to create a safe space for sharing depression stories, questions and concerns. Our engaging video-based groups provide self-help education and peer support. Led by a Certified Peer Specialist, these meetings are confidential and anonymous. You choose how involved you would like to be. If you don't feel comfortable talking- it's OK to just listen.

### Bipolar Support Group

These meetings are specifically for individuals who are suffering with Bipolar Disorder. While many Bipolar sufferers deal with mania or hypomanic episodes, most experience depression regularly. The combination of course is quite difficult. In these meetings you will have the opportunity to compare notes with others and get encouragement and ideas that you can use. Register for one of these meetings soon and see how they can help you while you also help others.

### Get It Done When You're Depressed Support Group

Depression robs us of many experiences in life. We want to have a sense of accomplishment through our actions, but we often feel unable to act. When we try to move forward, it feels like we are in slow motion. This can lead to stopping important tasks before we even get started. Depression affects not just our work, but can impact every part of our lives including how we think. Lack of getting things done when we're depressed can diminish our sense of self which lowers our energy to face life. It's a vicious cycle that we can end! This series of meetings are designed to help you move on with life, even when you're depressed. Each meeting is a mixture of a drop-in support group and a book club based off of Julie A. Fast and Dr. John Preston's book "Get It Done When You're Depressed: 50 Strategies for Keeping Your Life on Track." Each meeting will cover one easy to digest, life changing strategy to help you learn how to be more productive in the face of depression's many obstacles. Group Leaders will guide participants through a reading of the strategy, an exercise and a discussion of the book's key ideas in every session. There is also time to discuss your own experiences and get the help and support of other participants.

Call toll-free, 24/7  
**800-834-3773**  
claremonteap.com



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