Employee Assistance Program

IMMEDIATE, PERSONALIZED GRIEF & CAREGIVER SUPPORT
TO YOUR PHONE. ALL YEAR LONG.

Help Texts is a discreet, easy way to receive expert support, straight to your phone. Personalized support is available for:

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

FAQ

- **How do I sign up for text support?** You can self-refer through our direct link: https://helptexts.com/fchn. You may also call the EAP at (800) 777-4114 or request a referral at www.firstchoiceEAP.com.

- **Does text support really work?** Yes! People are often surprised to see how well text support can work. Help Texts has an impressive 95% acceptability rate and 90% 6-month retention rate - far higher than apps.

- **Will my information be kept private?** Absolutely. Help Texts adheres to strict privacy and security guidelines. Your data will not be shared with any 3rd parties.

- **Can I get texts in Spanish?** Yes, Help Texts is available in 20 languages including Spanish.

- **Who writes the texts?** Help Texts works with a community of world-leading experts. Every text is evidence-informed and rooted in current research and theory.

- **Is there a waitlist?** No. It takes less than 5 minutes to sign up and your first text will arrive right away.

- **Does everyone get the same texts?** No, every subscriber has a different experience with Help Texts, with messages selected based on age, diagnosis, cause of death, relationship, workplace setting, and more.

- **How often will I receive texts?** Texts are sent twice a week, with extra texts in the first few weeks and on significant dates.

- **Is it easy to opt out?** You can text STOP anytime you'd like to stop your texts, and START if you'd like to re-start.

- **Is this therapy?** This is a one-way service vs two-way therapy. However, mental health professionals read all inbound texts and will respond to technical questions or if someone is in crisis.

helpTEXTS

: First Choice Health.