

EMPLOYEE ASSISTANCE PROGRAM

A Benefit for You and Your Family

Your employee assistance program (EAP) is a problem-solving resource available to you and eligible members of your family. A professional counselor will help you assess your situation, identify options, make choices, and get additional help.

When life happens, we're here.

IT'S FREE

Your employer pays for the initial assessment, the problem solving sessions, and referral services. If more counseling or treatment is needed, your counselor will help you figure out your options.

IT'S CONFIDENTIAL

Your EAP is set up with Sand Creek, an outside counseling resource, to ensure confidentiality. No one at work knows anything beyond what you choose to tell them. Nothing about your use of EAP appears in your employee personnel file.

IT'S CONVENIENT

Your EAP is as close as your phone. Our confidential intake process sets up face-to-face sessions with a licensed counselor near your work or home. Phone and web counseling services are also available.

IT'S VOLUNTARY

You know your life best, so contacting the EAP is only by your choice. A manager or co-worker might suggest you contact the EAP if you've talked about a complex problem with them, or they notice something is troubling you. But the decision to contact the EAP is always yours.

THAT'S LIFE!

At some point we all face challenges that impact our well-being. That's life. Those challenges almost always affect our work.

WE ARE HERE TO HELP

Your employee assistance program (EAP) provides free and confidential professional consulting, coaching, and counseling services for these and many other challenges:

- Chemical dependency
- Conflict resolution
- Coping with stress
- Depression, anxiety, and other mental health challenges
- Eldercare or childcare
- Financial troubles
- Grief and loss or change
- Legal concerns
- Parenting support
- Relationship concerns
- Work or career concerns

A Resource Available to You, Right Now.

Call us at 888.243.5744/651.430.3383 or visit us at www.sandcreekeap.com to start the intake process.

Calls are answered 24/7/365 and are always confidential.