



EMPLOYEE ASSISTANCE PROGRAM (EAP)

Counseling

We're here for you

If you are experiencing stress or anxiety related to the uncertainties of the world, you are not alone. Were you aware that help from a professional counselor is just a phone call away courtesy of your EAP? These short-term, confidential, telephonic or virtual counseling sessions are available to you and your family members. You can be scheduled at a time that is convenient for you.

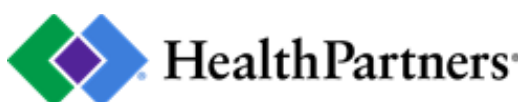
Support for:

- Increased stress, anxiety, or fear
- Feelings of sadness or grief
- Difficulty balancing the demands of work and life
- Issues sleeping
- Difficulty managing frustration or anger
- Relational conflicts

**HealthPartners EAP
is easy to use and
available anytime!**

Call **866-326-7194**

Your privacy is important. Everything you do with HealthPartners EAP is confidential. Nothing is shared with your employer or health plan. Information will only be released with your permission or when required by law.



HealthPartners Employee Assistance Program (EAP) services are provided by Workplace Options. The HealthPartners family of health plans is underwritten and/or administered by HealthPartners, Inc., Group Health, Inc., HealthPartners Insurance Company or HealthPartners Administrators, Inc. Fully insured Wisconsin plans are underwritten by HealthPartners Insurance Company.