

It's OK to not be OK.

Employee Assistance Program (EAP)

It's OK to get help.

It's completely normal to feel stressed, anxious, or depressed sometimes. However, when these feelings become persistent or unmanageable, it's time to seek help through our Employee Assistance Program (EAP). You do not need a referral to use EAP services.

About EAP Services

Precedence EAP is proud to offer compassionate and confidential care through our EAP program. Our services are designed to help team members and their eligible family members identify and resolve personal concerns.

Services are Free

Your employer covers the expense of six counseling sessions per year for you and your eligible family members. Should you wish to continue counseling after your initial sessions, your provider will discuss recommendations for additional care with you.

Services are Confidential

For many team members, exploring EAP services may be a big step. It can be difficult to feel vulnerable. Our licensed counselors understand this sentiment and consider it a privilege to earn your trust and care for you. Protecting your privacy is essential to a successful counseling experience and you can be assured that your sessions will remain confidential.

Support for all of Life's Moments

Precedence EAP providers offer counseling services to help you make healthy changes in your life and learn coping methods to overcome any challenges life throws your way, including:

- Coping strategies to better manage depression, anxiety or stress, anger, or behavioral issues.
- Navigating difficult life transitions such as marriage or divorce, parenthood, aging, employment challenges or job loss, grief or loss of a loved one, or addiction or recovery.
- Help for relationships including marital problems, parent-child conflict, interpersonal conflict, or troubled relationships.
- Managing the emotional aspects of disease and disability, physical illness, physical injury or loss of abilities, or chronic pain.
- Healing from trauma or traumatic event, including disaster or accident, PTSD, physical, sexual or emotional abuse, domestic violence, or identity and self-esteem issues.

Connect with our Team

Taking the first step toward better emotional and mental health is essential, and Precedence EAP is here to support you every step of the way. Contact us to get back to feeling your best.

To schedule an appointment, please call **(309) 779-2273** or toll-free at **1(800) 383-7900**.

For customer service assistance call Stephanie Burrough, Customer Service Coordinator, via phone **(563) 742-2455** or email stephanie.burrough@unitypoint.org.

EAP is a benefit paid for by your employer and does not replace one's current behavioral health medical benefit plan or procedures. EAP counselors are subject to federal confidentiality laws.