HEALTH
FAIRVIEW

Free support for your emotional wellbeing

YOUR FIRST CALL FOR HELP

The Employee Assistance Program (EAP) is a free and confidential short-term counseling, information, and referral service for you and your family. It is designed to help you during challenging times — like issues at work or talking with a professional about mood or behavioral concerns — when a little outside support can make a huge difference.

CARING PROFESSIONALS WHO LISTEN

Counseling can be provided in person at various locations, virtually, or over the phone with a licensed counselor who is dedicated to providing professional assistance and expertise in many areas. They deal exclusively in the kinds of personal issues that could come up in your day-to-day life.

SOME COMMON CONCERNS TO SEEK HELP FOR INCLUDE:

- Workplace Stress
- Work/life balance
- Family and marital concerns
- Relationship issues
- Anxiety
- Depression
- Emotional distress
- Substance abuse and other addictions
- Grief and loss
- Financial difficulties

...and more.

ELIGIBILITY & CONVENIENCE:

Available to All Employees: Part-time, Full-time, and casual employees.

Employees and their family members *(ages 13 and up)* are eligible for up to six visits per episode.

For your convenience appointments can be scheduled in person at a variety of locations, virtually, or by phone.

Call for an appointment to see which option will work best for you.

COUNSELING SUPPORT IS AVAILABLE:

- **IN PERSON AT VARIOUS LOCATIONS**
- **VIRTUALLY**
- **BY PHONE**

TO SCHEDULE AN APPOINTMENT:

Call 612-672-2195 or
800-CALL-EAP (toll-free)

FOR MORE INFORMATION:

Visit fairview.org/EAP
Passcode: EdenPrairieSchools

WE TAKE YOUR PRIVACY SERIOUSLY

The Employee Assistance Program is confidential and it does not disclose any client information.