



## Employee Assistance Program (EAP)

# Healthy children, stronger families

Guidance and resources to help develop resilient kids.

It's estimated that more than 1 in 5 children struggle with behavioral or emotional difficulties. These take their toll on both kids and those who love and care for them.

The Child and Family Well-Being program is a no-cost resource through your Employee Assistance Program (EAP). It offers support from a fully licensed pediatric care specialist to help families work together to overcome common childhood challenges.

Support can be offered in-person, by video or over the phone based on your preferences.

### Child and family well-being features:

- Helps children better understand and manage anxiety/depression
- Supports children through divorce, family death or other trauma
- Boosts children's academic and social confidence
- Helps children manage emotions and practice self-regulation
- Connects you with specialists for mood/behavioral disorders

### No referral is needed. Get started today!

Call the HealthPartners EAP at **866-326-7194** to learn more.

Your privacy is important to us. HealthPartners EAP provides confidential support and resources. Personal information will not be shared with your employer or health plan. If there's a significant risk of harm, we may disclose information to prevent it, following legal and ethical standards.