



Employee Assistance Program (EAP)

Empowering children and supporting families

Across the globe, over 1 in 5 children are estimated to struggle with their mental health. Which can also take a toll on the well-being of their parents, caregivers or legal guardians.

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

- Help children better understand and manage anxiety/depression
- Support children through divorce, family death or other trauma
- Boost children's academic and social confidence
- Help children manage emotions and practice self-regulation
- Locate specialists for mood/behavioral disorders

Support can be offered in-person, by video or over the phone based on your preferences and is available in more than 80 languages.

Call your EAP at **866-326-7194** to get started.

And don't forget to sign in to **healthpartners.com/hpeap** to explore other programs and benefits offered through your EAP.

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.