



Employee Assistance Program (EAP)

Confidential mental health support

A quick start guide on how to use EAP to support you and your family.

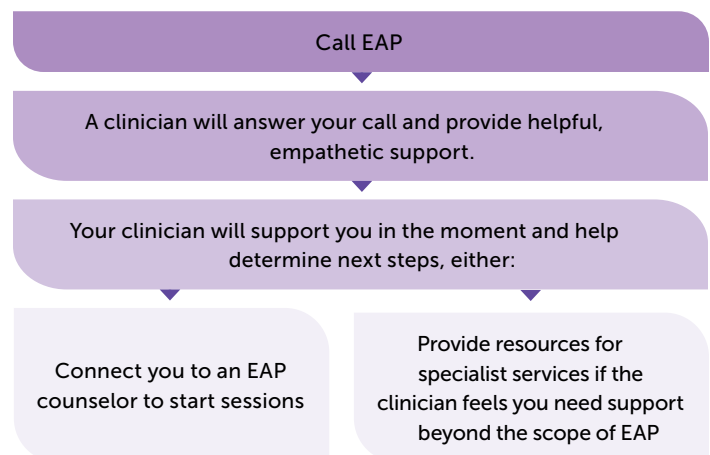
EAP counseling can help when you're facing these types of challenges:

- General or work-related stress
- Moderate anxiety or depression
- Family/partner or colleague relationship conflict
- Grief
- Life transitions
- Caregiving and parenting
- Recent medical diagnosis
- Boundary setting
- Self-confidence

EAP + Elevate offers additional resources, including up to 20 sessions for members with anxiety or depression who could benefit from a type of counseling called Cognitive Behavioral Therapy (CBT).

In some cases, EAP isn't the best option for your situation. If so, you'll be connected with resources outside of 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.



Areas beyond the scope of EAP include: suicidal intent, severe depression, personality disorders, sexual problems, drug or alcohol addiction, trauma or PTSD, OCD and eating disorders.

If you're not sure if EAP can help, start with a phone call. EAP is here to connect you with the resources you need to handle life's challenges.

Call **866-326-7194** any time or visit **hpeap.com** for more information.

Log on to **hpeap.com** using the password:

If you need help with your password, contact the EAP or your HR department.