

# Employee Assistance Program (EAP)



## Support for your life

Whether you or your family need help with your personal life or are having issues at work, HealthPartners Employee Assistance Program (EAP) is here for you. Call 24/7 for help from a counselor finding child care, dealing with a loss, finding community resources and more.

### Help by phone

EAP counselors are ready to give you the type of support you need. Just call and they'll listen to your concerns, give you guidance and help you find solutions that are right for you. Here are just a few things they can help you with:

- Marital issues
- Balancing work and family
- Financial concerns
- Mental and emotional health
- Parenting
- Job stress
- Legal issues
- Substance abuse
- Personal relationships
- Child and elder care
- Grief and loss
- Divorce
- Finding community resources

### Help online

Get help 24/7 with our wide range of online resources. You'll find:

- Thousands of articles and tip sheets
- Self-assessment tools
- Child and elder care resource searches
- Legal information and forms
- More than 60 financial calculators
- Monthly online seminars
- Savings Center
- Relocation Center
- And more!

Can't find what you're looking for? Text or instant message an EAP counselor or work-life consultant anytime, day or night.

### Help face-to-face

If you want to talk to a counselor in person, just call us and we'll connect you with an EAP professional. You can meet with a counselor for up to three visits per issue.

### Help at your fingertips

Get help on-the-go with the iConnectYou mobile app for your iPhone or Android. Use it for video visits with a counselor or to get help finding child and elder care. Visit the app store to download it today.

### Your privacy is important

Everything you do with HealthPartners EAP is confidential. No information is shared with your employer or health plan and will only be released with your permission or when required by law.



**HealthPartners EAP is here for you anytime, day or night.**

Call **866-326-7194** or TTY **866-228-2809**, text US HPEAP and your question to **919-324-5523** or log on to **hpeap.com**.

**Website password:**

**iConnectYou passcode:**