

# Sand Creek

WORKPLACE WELLNESS



Employee  
Assistance  
Program



## THAT'S LIFE!

At some point we all face challenges that impact our well-being. That's life. Those challenges almost always affect our work.

## WE ARE HERE TO HELP

Your employee assistance program (EAP) provides free and confidential professional consulting, coaching, and counseling services for these and many other challenges:

- Chemical dependency
- Conflict resolution
- Coping with stress
- Depression, anxiety, and other mental health challenges
- Eldercare or childcare
- Financial troubles
- Grief and loss or change
- Legal concerns
- Parenting support
- Relationship concerns
- Work or career concerns

“EAP helps me deal with difficult situations that arise in the everyday workplace. I highly recommend this to anyone. It's easy, free, and very helpful.”

## A BENEFIT FOR YOU AND YOUR FAMILY.

Your employee assistance program (EAP) is a problem-solving resource available to you and eligible members of your family. A professional counselor will help you assess your situation, identify options, make choices, and get additional help. When life happens, we're here.

## IT'S FREE

Your employer pays for the initial assessment, the problem solving sessions, and referral services. If more counseling or treatment is needed, your counselor will help you figure out your options.

## IT'S CONFIDENTIAL

Your EAP is set up with Sand Creek, an outside counseling resource, to ensure confidentiality. No one at work knows anything beyond what you choose to tell them. Nothing about your use of EAP appears in your employee personnel file.

## IT'S CONVENIENT

Your EAP is as close as your phone. Our confidential intake process sets up face-to-face sessions with a licensed counselor near your work or home. Phone counseling services are also available.

## IT'S VOLUNTARY

You know your life best, so contacting the EAP is only by your choice. A manager or co-worker might suggest you contact the EAP if you've talked about a complex problem with them, or they notice something is troubling you. But the decision to contact the EAP is always yours.

Sand Creek is a women-owned small business specializing in providing exceptional EAP services to support the human spirit at work. The values of the organization embrace confidentiality, sensitivity to client concerns, and a fundamental goodness that places the needs of the client first.

Sand Creek is not simply a phone counseling service or help line. Thousands of professional counselors form a nationwide network of service providers available to deliver personal care and support to you in your community. Our services are administered nationally, but delivered locally.

## CONTACT US

Contact for services may be initiated by calling 651.430.3383 or 888.243.5744, or by visiting online at [www.sandcreekeap.com](http://www.sandcreekeap.com).

Calls are answered 24 hours a day, seven days a week for crisis services. Counseling, coaching, and consultation services with a professional counselor are available in person or via the telephone.

Appointments with a counselor can be scheduled at a location convenient for you or your family member near where you work or live throughout the United States and beyond.



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610 North Main Street, Suite 200  
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