



Employee Assistance Program (EAP)

Counseling

When you're experiencing stress, anxiety or other feelings of unease or uncertainty, EAP counseling is here for you.

How it works

You and your household have access to free, confidential phone or video counseling sessions. You choose the times that work for you.

Your privacy is important. Everything you do with HealthPartners EAP is confidential. Nothing is shared with your employer or health plan. Information will only be released with your permission or when required by law.

What to expect

Professional counselors are just a phone call away. It's free and it's available 24/7. Get support managing issues including:

- Increased stress, anxiety or fear
- Depression, sadness or grief
- Balancing the demands of work and life
- Issues sleeping
- Managing frustration or anger
- Relationship conflict management

Get started today

EAP: **866-326-7194**