



Employee Assistance Program (EAP)

ELEVATE offers extended mental health support

Take the next steps in managing anxiety and depression.

How it works

Anxiety and depression symptoms often require longer-term management. The ELEVATE program provides deeper and broader resources when you're dealing with significant symptoms or have a formal diagnosis of anxiety or depression. If you're over 18 and have tried traditional EAP counseling sessions but could use more robust support, ELEVATE covers up to 20 face-to-face counseling sessions. There's no co-pay or deductible required.

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

ELEVATE is designed to help you manage anxiety or depression symptoms more fully. Highlights of the program include:

- Initial in-depth assessment
- Personalized treatment plan
- Up to 20 face-to-face sessions
- Check-ins with case manager

Get started today

EAP: **866-326-7194**