



## Employee Assistance Program (EAP)

### A resource for managers

Management isn't easy, especially when a member of your team is struggling with personal issues. We have the resources to help you help them.

#### How it works

EAP management consultants help you handle challenging situations while reducing the stress that accompanies them. You will learn how to help your team members through tough times that impact their job performance and, more important, their well-being. We offer unlimited phone consultations along with three hours of on-site support per issue.

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.

#### General and critical support

Get support finding solutions for common and more critical situations, including:

- Personal issues impacting a colleague's performance
- Greif and loss
- Workplace violence
- Death of a colleague
- Sexual or other assault
- Organizational changes making it difficult for you or your team to adjust
- A team member's drug or alcohol use affecting their job performance
- Other workplace trauma

#### Get started today

Call and speak directly with a management counselor at **877-249-4751**.