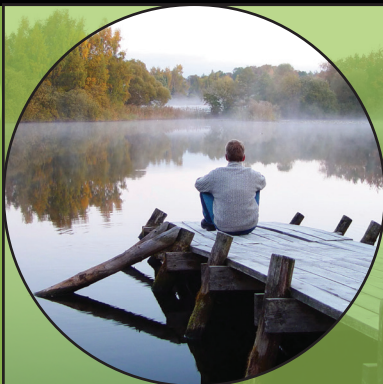


The Employee Assistance Program (EAP)



The Employee Assistance Program (EAP) provides confidential professional consultation and referral services to address any personal or work concern that may be affecting your wellbeing. Employees can request up to eight sessions per year. The first four sessions are free, and the remaining four, if needed, have a \$15 copay. The program is available to all University of Minnesota benefits eligible employees. Professional consultation can be by phone or in-person.



Consultation areas include:

- Job concerns and work productivity
- Work relationships
- Conflict resolution
- Mental health
- Chemical health
- Personal and interpersonal relationships
- Adjustment to grief/loss or change
- Coping with stress

About EAP services:

- Use of EAP services is strictly confidential
- Use of EAP services is voluntary
- Spouses/partners and immediate family members are also eligible for EAP services.

EAP services are provided by:

The Sand Creek Group, Ltd.

612-625-2820

1-888-243-5744

eap@umn.edu

www.sandcreekeap.com

 Office of
Human Resources
Employee Assistance Program

