

# The Employee Assistance Program (EAP)



UNIVERSITY OF MINNESOTA  
**Driven to Discover<sup>SM</sup>**

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. Beginning January 1, 2016, all eight sessions are free. The program is available to all University of Minnesota benefits-eligible employees. Professional consultation can be by phone or in-person.

University of Minnesota  
200 Donhowe Building  
319 15th Ave. S.E.  
Minneapolis, MN 55455

### **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 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

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