

It's OK to not be OK.

It's Ok to get help

Your Employee Assistance Program (EAP)
is here for support.

It's completely normal to feel stressed, anxious,
or depressed sometimes. However, when these
feelings become persistent or unmanageable,
it's time to seek help.

Free. Confidential. No referral needed.

Individual, family and couples counseling
sessions available.

To schedule an appointment:

Call: (800) 383-7900

Email: stephanie.burrough@unitypoint.org.

EAP is a benefit paid for by your employer and does not replace one's current behavioral health medical benefit plan or procedures. EAP counselors are subject to federal confidentiality laws.