



# IU Health Employee Assistance Program (EAP) – the direction you need

## Taking steps. Finding solutions.

### **EAP Experts can assist**

The IU Health Employee Assistance Program offers confidential counseling and referral services to help you with stressful personal and work-related concerns. No problem is too small or too big. Our licensed clinical team can help you discover solutions to problems, and help you locate resources in your community for greater work life balance and success.

### **EAP is confidential**

EAP professionals are committed to maintaining your privacy. You can trust that your conversations with counselors are confidential.

### **EAP is available at no cost for employees and immediate household members**

Visits to IU Health EAP are part of your benefits as an employee of your organization. If you are referred for services outside of the IU Health EAP, our counselor will link you to the most affordable resources available.

## **Services**

### **Life Issues**

- Stress, depression or anger management
- Grief and loss
- Assistance with sudden events that disrupt life
- Job or career concerns
- Dealing with marriage and family issues
- Dependent care assistance for children and elderly dependents
- Conflict and communication skills
- Drug and alcohol problems
- Financial and legal resource website, free phone or face-to face consults and reduced rates

### **Work-site Issues**

- Conflict resolution with co-workers or supervisors
- Consultation for managers
- In-service training and education at your work-site
- Support after a traumatic event

To make an EAP appointment, call 317.962.8001 or 800.745.4838, ext. 2 from 8 am – 4:30 pm, Monday – Friday. 24 hour crisis access by phone.



Indiana University Health