

# EMPLOYEE ASSISTANCE PROGRAM GUIDE FOR EMPLOYEES



**Free and Confidential  
Counseling for Employees,  
Spouses & Dependent Children**

**Avera**   
Employee Assistance  
Program

*Look no further.*

*Sponsored by the Benedictine and Presentation Sisters*

605-322-4069 • 1-800-527-9394 • [www.AveraEAP.org](http://www.AveraEAP.org)

**Avera**   
Employee Assistance  
Program

## Employee Assistance Program

We all experience personal difficulties in our lives. Sometimes these difficulties are too big for us to handle on our own. The Avera Employee Assistance Program can help.

Both you and your employer benefit when you are physically and emotionally healthy. Because family issues can also affect your performance at work, the Avera Employee Assistance Program provides you with a set number of counseling sessions for you, your spouse or dependent children, at no cost to you. If additional counseling is needed, fees may be covered by your insurance plan. You can work with your counselor to answer any questions you may have.

### Private and Confidential

Making an appointment for the Avera Employee Assistance Program is a positive step toward better health. We will not share any information regarding your counseling with your employer, unless you choose to give out that information. Seeing an Avera Employee Assistance Program counselor will not affect your current job or future opportunities for advancement.



## How It Works

1. Call the Avera Employee Assistance Program
2. Give your name, phone number and employer (everything will be kept confidential)
3. Make an appointment when it best fits your schedule

### Our confidential service can assist you and your eligible family members with issues such as:

- Parent/Child Conflicts
- Marriage/Couples Counseling
- Grief/Loss
- Balancing Work & Home Life
- Depression
- Coping with Change
- Anger
- Anxiety
- Stress/Time Management
- Divorce
- Financial Concerns
- Blended Families
- ADHD
- Eating Disorders
- Co-Worker/Supervisor Conflict
- Job/Career Changes
- Work Related Stress
- Alcohol/Other Drug Problems
- Gambling
- Physical/Sexual Abuse