

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Sometimes it's hard to balance all you need to do in your personal and work lives. These challenges of everyday living can keep you from being your best. Sutter EAP can help with information and resources that can keep you happier, healthier, and more productive.

Sutter Health EAP provides FREE information, referrals and short-term counseling. From services you need as your family grows, to support during times of difficulty and crisis, you can count on the EAP for fast, confidential help. Sutter Health EAP services are paid for by MCS at no cost to you. You'll receive 3 free sessions every 6 months for you and each of your eligible dependents per benefit year.



EAP WILL HELP YOU WITH

- Anxiety, Stress, and Depression
- Parenting, Children, and Teens
- Relationships
- Adolescence
- Anger Management
- Grief and Loss
- Life Stage Adjustments
- Self-Image
- Balancing Work and Home
- Addictions
- Domestic Violence and Abuse

CONTACT THE EAP

Employee Assistance Program	
Member Services	(800) 477-2258
Website	www.sutterhealth.org/eap

Your EAP plan also offers you unlimited use of Work/Life Resources, such as: Child Care, Elder Care, Adoption Assistance, Schools, Colleges, Pet Services, Relocation Services, and Financial & Legal Consultations. For more information, visit www.sutterhealth.org/eap.

3 Easy Steps to Make the Connection.

- 1. Call Sutter EAP at (800) 477-2258**
- 2. EAP will ask you a few questions to help locate the right therapist for you.**
- 3. Your EAP will provide you with the therapist's contact information so you can schedule your appointments.**