



CHEMICAL **IN**DEPENDENCY

Use the Help You Have

If you or a family member are struggling with drug or alcohol abuse, you can start the recovery with a simple phone call or click of a mouse. Breaking a pattern of drug or alcohol abuse is hard, but it gets easier with the right help.

Reach for the help you have. Your **first** aid for any problem.



For more information, call
Sand Creek EAP at **1-888-243-5744**
or go to www.sandcreekeap.com





PO Box 124
Minneapolis, MN 55440-0124

FOR YOU AND YOURS.

Your EAP offers a long list of services for you and your eligible family members.

Services include these and more:

- Mental Health
- Depression
- Suicide
- Teen Issues
- Relationship Counseling
- Tobacco Cessation
- Drug/Alcohol Abuse
- Financial Advice
- Legal Concerns

For more information on the support available, call **1-888-243-5744** or go to **www.sandcreekeap.com**

