



# HELP IN YOUR DARKEST HOUR

## Use the Help You Have

If you or a family member is struggling with thoughts of suicide or self-harm, the first step toward lifesaving help is within reach, just a phone call or click away. If it seems like there are no other answers, help for you and your family is here.

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](http://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

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