



MORE THAN HORMONES.

Use the Help You Have

If you have a teenage son or daughter who is having a hard time with any of the challenges of adolescence, it could be more than hormones running wild. But help is just a phone call or click away. Mental health, bullying, self-harm, eating disorders; no matter the problem, help for 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



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**

