

YOUR *FIRST* AID.



The Help You Have

You and eligible family members have access to an Employee Assistance Program that is just a phone call or click away. Get help with almost any concerns, including relationship counseling, financial and legal advice, tobacco cessation, alcohol or drug abuse, child and eldercare, and more.

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

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