

How can the Employee Assistance Program help you?

Are you and your spouse constantly fighting? Are you finding it difficult to concentrate at work because you're upset and confused about what's happening to your marriage?

Have your teenager's grades suddenly slipped? Does your once-eager student appear to have lost all interest in school?

Has a co-worker, who you always considered a friend, started acting cold and distant? Are all your attempts at being friendly rebuked? Do you feel hurt and confused and unsure of what to do?

These scenarios are just a few examples of emotional situations and family concerns people may encounter at some time in their life. While some problems may be solved easily, others are more difficult and can benefit from the aid of special resources. Ignoring these issues could mean the situation will continue or develop into a more serious concern.

The Employee Assistance Program (EAP) is available to all employees and their immediate family members, providing professional, confidential assistance to help individuals resolve concerns that affect their personal lives or work performance. Your organization cares about you and recognizes that work performance can be affected by problems related and unrelated to your job.



The Employee Assistance Program can help

Being able to share a problem can do much to alleviate the stress you may be experiencing. Specially trained EAP consultants are available to help you work through your concerns. Each consultant with the EAP possesses the education, training and experience necessary to provide high quality EAP assessment, intervention and referral services for you.

EAP can help with all types of problems such as depression, marital difficulties, financial concerns, family conflicts, alcohol and drug problems and work-related problems.

Available at no cost

EAP is a benefit to you sponsored by your employer. Sessions with a consultant are offered at no direct cost to you or your family members. If the issues cannot be resolved within EAP, your EAP consultant can link you with appropriate resources where you can receive ongoing assistance. Many services are available on an ability-to-pay basis or may be covered by your health insurance. You are welcome to use the EAP again should a different situation arise.

Confidential Service

Confidentiality is the foundation of the EAP. No information may be released to any other person about your participation in the program without your written permission. Your participation in the EAP is protected and covered by state and federal laws. Please check with your consultant about the limitations to confidentiality.

Always here for you

Because problems can arise anytime of the day, EAP is accessible 24 hours a day, seven days a week.

EAP office hours are 8 a.m. to 5 p.m., Monday through Friday with some evening appointments available. During regular business hours, the EAP office assistant can assist you with scheduling an appointment or talking with a consultant.

After hours, on weekends or holidays, our phones are staffed by a trained response team who can connect you with immediate services if needed.

While our main location is in La Crosse, we also have alternate sites. Services are also provided on a video platform and over the phone. The EAP office assistant can assist you in making those arrangements.

Just a Phone Call Away
If you would like more information
about EAP or would like to schedule
an appointment, please call
(608) 775-4780 or (800) 327-9991.
You can also check out our web site
at gundersenhealth.org/eap.

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