

# OVERWHELMED AT HOME OR WORK?



## Free and Confidential Assistance

The Avera Employee Assistance Program (EAP) is an immediate, confidential and free resource that helps employees and their dependent family members connect with appropriate resources to address general life issues.

### Reasons to use Avera EAP include:

- Anxiety
- Depression
- Stress Management
- Marriage and relationships
- Grief and loss
- Work-life balance
- Substance use
- Workplace conflict
- Financial and legal consultations
- Harassment
- Career and life changes
- Gambling and addiction

### How It Works

- 1 Call Avera EAP. Let them know the company you work for (**PRO Resources**) to address any general life issues that concern you.
- 2 Complete a confidential intake and assessment process.
- 3 Receive referral(s) to appropriate resources, which may include EAP counseling sessions.

### Scheduling Virtual Sessions

Request this visit at the time of your call. Download the WebEx app prior to your appointment and click on the link when it's time.

**Connect via laptop, tablet or smartphone.**

**605-322-4069 • 800-527-9394 • Avera.org/EAP**