

# WHEN LIFE GETS TRYING, WE CAN HELP

Employee assistance program



You don't have to do it alone.

With Blue Cross and Blue Shield of Minnesota, you have a helping hand. Everyone faces challenges in life from time to time. Experienced employee assistance program (EAP) counselors will listen to your concerns and help you explore your options. No problem is too big or small.

## WHEN YOU FEEL GOOD, YOU DO MORE

No matter what kind of difficulty you face, you've got a place to start with EAP. When you call EAP, you and any member of your family can speak confidentially with a master's-degreed EAP counselor who can assess your situation and help you take the next steps.

## GETTING THE HELP THEY NEED

EAP provides support with all of life's issues, including:

- Child care and elder care services
- Financial matters and counseling
- Legal concerns and counseling
- School/college-related resources
- Marriage and relationships
- Mental health
- Work-related issues

## 24/7 ACCESS

If someone wants help but doesn't want to speak with a counselor, they still have access to important resources through a comprehensive mobile-accessible website, available in English and Spanish, which includes:

- Library of articles featuring health and life issues
- Video and audio clips
- Secure, online portal to communicate with a telephonic counselor, if needed



## WE'RE HERE FOR YOU

Confidential help from experienced counselors, anytime, day or night.

- Call **1-800-432-5155** or TTY **1-800-223-5822** or
- visit **[bluecrossmnonline.com](http://bluecrossmnonline.com)** for additional resources