

# Free support for your emotional well-being

## Your first call for help

The Employee Assistance Program (EAP) is a free and confidential short-term counseling, information, and referral service for you and your family. It is designed to help you during challenging times — like issues at work or the death of a loved one — when a little outside support can make a huge difference.

## Caring professionals who listen

Counseling is provided in person or over the phone with a licensed counselor who is dedicated to providing professional assistance and expertise in many areas. They deal exclusively in the kinds of personal issues that could come up in your day-to-day life.

Some common concerns to seek help for include:

- Work/life balance
- Parenting concerns
- Family and marital concerns
- Domestic violence
- Relationship issues
- Child care
- Work issues
- Anxiety
- Depression
- Emotional distress
- Substance abuse and other addictions
- Illness and loss
- Financial difficulties
- Legal assistance
- ...and more.

For more information:

Visit [fairview.org/EAP](https://fairview.org/EAP) | Enter passcode PreferredOne

To schedule an appointment:

Call 612-672-2166 or 1-833-933-1430

\*Location availability may vary. Contact us to learn more about available locations.



Employees and their family members (age 13 and up) are eligible for up to six free visits per incident by phone or at one of our 10 locations\*:

- Bloomington
- Burnsville
- Edina
- Forest Lake
- Maplewood
- Minneapolis
- Princeton
- Red Wing
- St. Paul
- Woodbury

Our network also includes over 60,000 counseling locations nationwide.

## We take your privacy seriously

The Employee Assistance Program is confidential and it does not disclose any client information unless the client grants permission or it is required by law.

## Caregiver Assurance

Get a free one-hour care support consultation through our Caregiver Assurance program. Call 612-672-CARE (2273) for more information.



*For PreferredOne Fully Insured Members*