

Frontier Health Employee Assistance Program



Confidential, Convenient, Easy to Access

Your employer provides, at no cost to you, an Employee Assistance Program (EAP) to support and protect their most valuable investment—you.

Frontier Health's EAP offers:

- No cost confidential counseling & referral service
- 24/7 access to targeted resources
- A starting place to address personal problems before they can affect other areas of your life
- A proactive partner to work with you to facilitate a solution

We are here for you. We provide a series of confidential services that help employees and household members balance the demands of work, life and personal issues.

**For further information about Frontier Health services, or to schedule an appointment, we encourage you to contact us at:
855-33MYEAP (336-9327).**



Telephonic and Face-To-Face Services

Your EAP provides responsive, caring and effective telephonic consultation and face-to-face counseling to help balance your personal and professional life. Some areas the EAP can help with include:

- Personal Balance
- Marital Issues
- Grief Issues
- Alcohol and Drug Issues
- Emotional Wellness
- Work Related Issues
- Communication Skills
- Anxiety
- Stress Management
- Family Issues
- Depression
- Relationship Issues

Because, from time to time, we all could use some help

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For Emergencies or After Hours please call our Crisis Line: 877-928-9062



Where People Are Important