

The stressors of everyday life can have a major effect on our emotional and physical health as well as our job performance. The Northwestern Medicine Employee Assistance Program is our way of ensuring that you receive the care that you need to put your life back on track. This completely confidential service connects you and your family with licensed counselors to help you work through your issues.



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Employee Assistance Program

Helping You Manage Life's Challenges



Support when you need it

Work, family, and life in general—they all take a toll, sometimes in ways that you may be uncomfortable sharing with others, especially your employer. We've enlisted the help of the Employee Assistance Program (EAP) to help you and your immediate family navigate through rough times.

The EAP provides free and confidential assistance for personal or work-related issues. The EAP can help you move toward a better work-life balance through assessment, short-term counseling and referral services for more in-depth counseling or care. The EAP is available 24/7/365 for emergencies.



The program provides support for a range of personal concerns, including:

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| Marital, family and relationship issues | Grief, trauma and loss |
| Stress, depression and anxiety | Life transitions and change |
| Self-esteem issues | Financial and legal difficulties |
| Substance abuse | Child care or elder care needs |
| Health and wellness | |

The EAP also offers consultation and coaching for work-related issues, such as:

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| Conflicts | Compassion fatigue |
| Effective communication | Job burnout |
| Career skills | Professional grief |

Call an EAP counselor if:

You don't know where else to turn for help

You would like some coaching on what to do about a problem

You keep telling yourself the problem will get better, but it never does

You spend too much time worrying about a problem and your job, family life or health is being affected

Always confidential

Confidentiality in the EAP will be maintained with the rules established by federal and state law and professional ethical standards. Disclosure of information shared by the employee to any other source without the prior written consent of that employee is prohibited.

EAP care at no cost

EAP services are free of charge to you and members of your household. If your needs go beyond the scope of EAP services, a referral to a provider in your insurance plan or community resource will be provided.

Building a better you

Using the EAP means you have a partner in finding the right help for your needs. This will not only save you time, money and the stress of finding help on your own, but will gain you access to a much larger network of resources.