

happy ✦ healthy ✦ productive

## HOW YOUR EAP WORKS!

There are times in life when we are struggling with issues that are troubling. It may be stress, anxiety, troubles in relationships, family problems, depression, addictions or other matters that professional counseling through EAP could help you with. Each year one out of five of us struggle with a problem that potentially could be resolved by professional counseling. The EAP is a free service you should use to help you or a family member deal with life's issues. The EAP benefit of 8 sessions per year is available to employees, spouses and their dependents.

When you call Northstar EAP at 906/225-3145, Melissa or Kaylie will answer your call and will schedule you with a counselor in your area.

We have 25 counselors in 14 locations throughout the Upper Peninsula. From Ironwood to Sault Ste. Marie.

Confidentiality and privacy are very important to providing EAP services. Neither names nor case numbers are ever given to your employer or any employer representative. Your EAP Committee is never given individual names or case numbers. The only exception is when an employee is required to use EAP counseling as a result of a mandatory referral. In those cases, the employee has allowed the employer to be appraised of an employee's counseling progress.

To find out more about the benefit of EAP, please go to [northstareap.com](http://northstareap.com). Click on the featured tabs to get even more detailed information about services, locations, FAQs, or even to make an appointment online.

Check out our NEW comprehensive website  
[www.northstareap.com](http://www.northstareap.com)