

.....

"EAP helps me deal with difficult situations that arise in the everyday workplace. I would highly recommend this to anyone. It's easy, free, and very helpful."

"I was able to get into a counseling appointment promptly."

"It was available to me when I needed it most, right after the crisis happened."

.....

We treat our clients as people facing the normal ups and downs of living. Our approach helps clients build on their strengths and raises their capacity to deal with life's stressors.

The Sand Creek Group is a women-owned small business specializing in providing exceptional EAP services to support the human spirit at work. The values of the organization embrace confidentiality, sensitivity to client concerns, and a fundamental goodness that places the needs of the client first.

Sand Creek is not simply a phone counseling service or help line. Thousands of professional counselors form a nationwide network of service providers available to deliver personal care and support to you in your community. Our services are administered nationally, yet delivered locally.

We're only a phone call away

651.430.3383 or 888.243.5744

Available 24 hours a day - 7 days a week

Professional - Confidential - At No Charge to You

info@sandcreekeap.com

www.sandcreekeap.com



SAND CREEK GROUP, LTD.

RESOURCES WITHOUT BARRIERS



Employee Assistance Program

We're here to help...

- ✓ Relationship issues
- ✓ Alcohol and other drug problems
- ✓ Work concerns
- ✓ Loss and grief
- ✓ Financial and legal concerns
- ✓ Depression and anxiety
- ✓ Parent-child difficulties

And many other life concerns.



A benefit for you & your family...

Life does not always go smoothly. All of us experience times when a personal problem or crisis situation affects the way we function at work or home. Your Employee Assistance Program (EAP) is a problem-solving resource available to you and your household members. A professional counselor will assist you in assessing your situation, finding options, making choices or locating further help.

It's free...

Your employer covers the cost of initial assessment, additional problem solving sessions and referral services. If there is a need for further counseling or treatment, your counselor will help you explore various options.

It's confidential...

Your EAP has been set up with The Sand Creek Group, Ltd., an outside counseling resource to assure confidentiality. No one at work will know you have chosen to seek help unless you choose to tell them. Nothing concerning your use of EAP will appear in your personnel file.

It's convenient...

Your EAP is as close as your phone. Our confidential intake process most often results in a face to face meeting with one of our licensed counselors near your work or home. Phone counseling services are also available if you prefer.

It's voluntary...

Usually you are the person that is first aware of some stress or problem and will call for an appointment. Occasionally a manager, supervisor, or co-worker may suggest you contact the EAP. That person may be aware you are trying to cope with a complex problem or simply observes something is troubling you. Ultimately the decision to contact the EAP is yours.

Our counselors are highly trained, caring professionals dedicated to bringing the highest quality assistance to you and your family members.