



## Employee Assistance Services

Help is available for solutions to personal and work-related concerns.



### CONFIDENTIAL ASSISTANCE FOR:

- Work and family balance
- Stress management
- Workplace issues
- Financial stress
- Marital or family matters
- Children and adolescents
- Alcohol/drug abuse and other addictions
- Health and wellness support
- Grief and loss
- Depression and anxiety
- Community resource guidance
- Video and telephonic visits are available or in person at limited locations

**Contact Us - 24/7**

**800.236.4457**



Aspirus Employee Assistance Services provides help and support to you and your family through short-term counseling.

**Employees and household members are eligible for free and confidential services.**

**800.236.4457** *Contact Us - 24/7*

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