

Employee Assistance Program (EAP)

Support for your life

Whether you or your family need help with your personal life or are having issues at work, HealthPartners Employee Assistance Program (EAP) is here for you. Call 24/7 for help from a counselor finding child care, dealing with a loss, finding community resources and more.

Help by phone

EAP counselors are ready to give you the type of support you need. Just call and they'll listen to your concerns, give you guidance and help you find solutions that are right for you. Here are just a few things they can help you with:

- Marital issues
- Balancing work and family
- Financial concerns
- Mental and emotional health
- Parenting
- Job stress
- Legal issues
- Substance abuse
- Personal relationships
- Child care and elder care
- Grief and loss
- Divorce
- Finding community resources

Help online

Get help 24/7 with our wide range of online resources. You'll find:

- More than 4,000 articles and tip sheets
- Self-assessment tools
- Child care and elder care resource searches
- Legal information and forms
- More than 60 financial calculators
- Monthly webinars
- Savings Center
- Relocation Center
- And more!

Can't find what you're looking for? Text, instant message or email an EAP counselor or work-life consultant anytime day or night.

Help with an app

Experience help on-the-go with the iFindCare app for your iPhone. Use it to search for child and elder care resources wherever you are.

Just visit the app store to download it today.

You're privacy is important

Everything you do with HealthPartners EAP is confidential. No information is shared with your employer or health plan and will only be released with your permission or when required by law.

HealthPartners EAP is here for you anytime, day or night. Just call **866-326-7194**, TTY **866-228-2809**, text US HPEAP and your concern to **919-324-5523** or go online at **hpeap.com**. Password: **ptsmn**