

Life can be challenging managing
your work and personal responsibilities.

Your EAS Can Help.



Whether you are facing a challenge, solving a problem or just looking for some assistance, licensed professionals are ready to support you and your family members in finding help through short-term counseling.

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

Confidential Helpline
800.236.4457

Counselors available 24/7

Office appointments can be made during the hours of 8:00 am - 4:30 pm, Monday - Friday.

EMPLOYEE ASSISTANCE SERVICES
An Aspirus Business Health Solution

aspirus.org/EAS

Aspirus EAS Can Help With:



- Marital or Family Matters
- Children and Adolescents
- Community Resource Guidance
- Alcohol, Drug Abuse and Other Addictions



- Work and Family Balance
- Stress Management
- Workplace Issues
- Financial Stress



- Health and Wellness Support
- Grief and Loss
- Depression and Anxiety

**Video and Telephonic
visits now available.**



ASPIRUS®