

EAP OFFERINGS

A HOLISTIC APPROACH TO EMPLOYEE HEALTH



Your EAP offers confidential, short term, solution focused, problem-solving sessions for personal and work-related issues.

This includes:

- Relationships
- Career concerns
- Family issues
- Stress
- Anxiety
- Depression
- Financial concerns
- Loss or grief
- Substance abuse

EAP provides you with assistance in addressing life's challenges confidentially and with no charges to you.

Easy – Call EAP at **(810) 982-4980** or email nancy.trombley-henry@mclaren.org to find out how we can help you and to schedule an appointment.

Accessible – Day and evening appointments are available.

Private – Services are provided at a local off-site location: Edison Plaza, 1644 Stone, Port Huron, MI 48060.

We are just a phone call away.



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