



## Employee Assistance Program (EAP)

# Mental health resources

So many of us struggle with mental health issues – increased stress, anxiety and burnout can affect everyone. We have resources available to help and make sure you don't feel alone.

### 24/7 resources

#### Employee assistance program

We're on your side when times get tough. From everyday struggles, stress, grief, difficult relationships and more, we're here 24/7. Our free and confidential support is available to you and members of your household.

#### Behavioral health navigators

When your situation isn't a crisis but requires a safe guiding hand, you can turn to our behavioral health navigators. They'll help you find a provider who's been through this before and will work with you to find the best psychiatric support. This service is available to all HealthPartners plan members.

#### Crisis care

When you're experiencing a mental health crisis, don't hesitate to call or text 988 to reach a trained clinician at one of more than 200 local centers. Crisis care is available to everyone.

### Helpful links

[Suicide and crisis help](#)

[EAP website](#)

[HealthPartners Mental Health Hub](#)

### Phone numbers

EAP: **866-326-7194**

HealthPartners Behavioral Health Navigators: **888-638-8787**

National suicide prevention lifeline: **988**

# Choosing the right type of mental health care

## EAP

### Short-term, solutions-based help

- General stress and work-related stress
- Anxiety and depression
- Relationship conflicts
- Grief and loss
- Adjustment issues
- Caregiving
- Processing a medical diagnosis
- Boundary setting
- Effective communication
- Increasing self-confidence socially or at work

## Crisis care

### Help for mental health emergencies

- Suicidal thoughts
- Thoughts of hurting oneself
- Thoughts of hurting others
- Sudden, severe trauma

## Behavioral health navigators

### Long-term care for complex needs

- Multiple, complex and compounded issues
  - » Psychosis
  - » Personality disorders
  - » Eating disorders
  - » Severe depression
- Addiction treatment
- Sexual problems/dysfunction
- Abusive relationships
- Past trauma
- Complex phobias or impulse controls
- Improving self-esteem when short-term counseling hasn't been successful

Your privacy is important. Everything you do with HealthPartners EAP is confidential. Nothing is shared with your employer or health plan. Information will only be released with your permission or when required by law.

