Did you know?

- This service is strictly confidential – your employer is not notified
- No paperwork, insurance forms or ID cards are required
- Referrals are usually made within two business days of your initial call
- There is no cost to you for this service

By providing this resource to you, your employer is offering you a private, direct connection to experienced professionals trained to help you find solutions.

Sutter Health
Sutter Employee Assistance Program

If you have a concern related to the assistance you receive from the EAP, please contact us at 800-477-2258.

PO Box 163149 • Sacramento, CA 95816-3149
sutterhealth.org/eap

Printed on recycled paper with soy-based inks.

Sutter Health
Sutter Employee Assistance Program

Your Connection To Solutions

About the Employee Assistance Program (EAP)

Life is complex and sometimes unpredictable. Your employer understands this, and provides you and your family with a valuable benefit called the Sutter Employee Assistance Program, or EAP. At no cost to you, Sutter EAP offers a wide range of personal and professional services for you and your family.

How to make it happen

All it takes is a confidential phone call and a few minutes to arrange to see a licensed provider in your area.

1. Call Sutter EAP at **800-477-2258**.
2. We will ask you a few questions that will help us locate the right provider for you.
3. We will call you with the provider's contact information, so you can schedule your appointments.

You can also make a request for services by visiting **sutterhealth.org/eap**.

Your Sutter EAP representative can also help you obtain educational and self-help articles and suggest reading materials.

Since 1982, Sutter EAP has been helping employees understand and resolve problems through training programs and referrals to an extensive network of experienced, licensed providers.

This brochure is your guide to resources available to provide short-term problem resolution for you and your family in areas such as:

- Managing stress
- Overcoming loss
- Building communication skills
- Developing effective relationships
- Increasing productivity and motivation
- Managing life/career changes
- Addressing drug and alcohol use
- Expanding parenting skills
- Handling personal problems
- Improving the quality of your life
- Obtaining professional legal and financial advice*

Sutter EAP is not an emergency or crisis line. In an emergency, call 911 when appropriate, or call your local crisis intervention agency. Your EAP benefit may include additional services.

**Note: If included in your plan, call Sutter EAP for details.*

Please call Sutter EAP for more information at 800-477-2258.