

Aurora Employee Assistance Program (EAP)

Healthy Solutions for Life

Life is filled with change and uncertainty. The responsibilities and demands on our time can be overwhelming. It happens to all of us. Calling the Aurora EAP can be the first step towards taking charge of a situation that is affecting your health and well being.

The EAP is available to employees and family members residing in your household.

Call us for assistance with:

- Relationship Issues/Divorce
- Workplace Concerns
- Anxiety & Depression
- Alcohol or Drug Abuse
- Parent/Child Problems
- Financial Pressures
- Legal Consultation
- Difficulty with School/Peers
- Elder Care/Child Care
- Balancing Work & Family
- Locating Resources

Aurora EAP is a free, confidential benefit. If assistance is needed beyond the scope of the EAP, you will be referred to appropriate resources. Your privacy is protected in accordance with both federal and state laws regarding mental health and medical treatment records.

Call (800) 236-3231
24 hours - 7 days a week

For more information, visit our website at:
www.aurora.org/eap

