

The Aurora Employee Assistance Program

WE WANT TO HELP...

- Need to talk to someone?
- Need a lawyer?
- Challenging children?
- Communication problems?
- Need help budgeting?
- Concerned about drinking too much?
- Looking for information on schools?
- Can't sleep because of worry?
- Have a legal question?
- Problems at school?
- Struggling with a challenging relationship?
- Planning for retirement?
- Feeling down?
- Elder care concerns?
- Feeling stressed?
- Marriage in trouble?
- Interested in adoption?
- Planning for college?
- Have a mediation question?
- Struggling with depression?
- Feeling anxious?
- Substance abuse concerns?

The Aurora EAP is a free benefit for all employees and their household members. Sessions with EAP counselors and other specialists are confidential as specified by state and federal law.

Access EAP services by calling **1-800-236-3231**

Call M-F, 8:00am to 5:00pm to schedule appointments

Call 24/7 to speak with an EAP counselor

Visit our website at www.aurora.org/eap