

EMPLOYEE ASSISTANCE Program

OFFERING YOU A HELPING HAND

All of us are susceptible to the stressors of everyday life. Relationships, financial problems and other stressors can have a major effect on our emotional and physical health as well as job performance. The Employee Assistance Program is our way of ensuring that you and your family receive the care you need so that you can get your life back on track. This completely confidential service connects you and your family with licensed professional counselors and consultants to help you work through your problems.

LEARN MORE

This unique program can work for you.

Support and resources from your Employee Assistance Program.

EMPLOYEE ASSISTANCE PROGRAM

Central DuPage Hospital
27 W 850 High Lake Road, Winfield, Illinois 60190
888.933.1327 cdh.org/eap
TTY for the hearing impaired 630.933.4833





WHEN ENOUGH IS ENOUGH

Work, family, life in general — they all take a toll, sometimes in ways that you may be uncomfortable sharing with others, especially your employer. We've enlisted the help of the Employee Assistance Program of Central DuPage Hospital (EAP of CDH) to help you and your family navigate through rough times. This program provides support for a range of personal concerns, including:

- Marital/family/relationship issues
- Stress
- Depression/anxiety
- Addiction or substance abuse problems
- Work-related conflicts
- Grief and loss
- Financial problems
- Legal difficulties
- Child care or elder care needs

HELP IS JUST A PHONE CALL AWAY

One simple call puts you in touch with the appropriate resources you need. The EAP offers:

- 24-hour access to licensed professionals
- Short-term counseling
- Intervention services for crisis situations
- Referrals to service providers within your insurance network and in your area
- Referrals to community resources
- Online educational resources
- Wellness seminars, health screenings and health fairs

ALWAYS CONFIDENTIAL

With the EAP you don't have to worry about your privacy.

All records and discussions between you and your counselor remain confidential unless you authorize disclosure in writing. EAP of CDH records are not included in your personnel file.

WORKING AS A TEAM TO BUILD A BETTER YOU

When you use the EAP, you have access to Central DuPage Hospital's health system as well as the benefit of our resource network. We can save you time, money and the stress of finding help on your own.



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