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Mercy Hospital cares about the well-being of our employees and your dependent family members.

We have an **Employee Assistance Program (EAP)** to help employees and their dependents deal with a variety of personal problems that oftentimes negatively affect well being and job performance.

I am writing to let you know of some changes in our EAP and to encourage you or your family members to use the program.

The hospital has contracted with **The Sand Creek Group, Ltd.**, one of the highest rated employee assistance programs in the country, to provide an EAP to all of our employees that offers help with:

- Relationship issues, including separation and divorce concerns
- Work pressures and demands
- Alcohol and chemical use problems
- Loss and grief
- Depression, anxiety, and suicidal thoughts
- Financial struggles
- Parent-child difficulties and other family concerns
- And many other life concerns

Key facts about our Employee Assistance Program:

<p>Easy Access to Service: Simply call (218) 481-7477 or 1-844-678-5710 and identify yourself as a Mercy Hospital employee or a family member, and an EAP counselor will help you.</p>	<p>Free: Employee Assistance provides assessment, brief counseling (<i>up to three sessions of service</i>) and referral services for you and your dependents at no charge to you and totally paid for by the hospital as part of your benefits.</p>
<p>24-Hour Telephone Crisis Intervention: Should an emergency occur, help is available every hour of every day, including weekends and holidays.</p>	<p>Professional: All of the counselors are highly trained, experienced, and licensed. Financial counselors, legal consultation services, and eldercare specialists are also part of the EAP service network.</p>
<p>Confidential: You can use the EAP with confidence knowing that no one will know you used the program or anything that was said in your counseling session. The highest level of confidentiality is maintained by the EAP.</p>	<p>Family Coverage: Dependents of <i>Mercy Hospital employees</i> are eligible to use the program. This includes college students living away from home.</p>

Check the program out at www.sandcreekeap.com on the internet.

At times, all of us face personal or work-related struggles in our lives. Mercy Hospital is pleased to offer the Employee Assistance Program to help employees and their families find support and the necessary resources when difficult situations arise. Please remember this program is **free, professional, and confidential** and is available right now for you to use.