

Why Employee Assistance?

Because
You Are
Your Employer's
Greatest Asset

Contact St. Luke's EAP Anytime

Call 218.249.7077 or 888.355.8495 to contact St. Luke's EAP

Counselors are available Monday through Friday, 7:30 a.m. to 4:30 p.m., and evenings by appointment. Please leave a message if you call after hours.

Directions to St. Luke's Employee Assistance Program

From the Iron Range:

U.S. 53 to MN 194 (Central Entrance) to 6th Ave. E. to E. 3rd St. to 5th Ave. E. to E. 2nd St. to 6th Ave. E.

From the North Shore:

I-35 or U.S. 61 (London Road) to 21st Ave. E. to 3rd St.

From South of Duluth and Wisconsin:

I-35 to Lake Avenue to E. 2nd St. to 6th Ave. E.

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|---------------------------------------|---------------------------------|
| 1-St. Luke's Hillside Center | 6-Dougherty Funeral Home |
| 2-Gloria Dei Lutheran Church | 7-St. Luke's Hospital |
| 3-St. Mary's Medical Center | 8-SLH Clinic Building |
| 4-Duluth Clinic | 9-Northland Medical Center |
| 5-Miller-Dwan/Polinsky Rehabilitation | 10-St. Luke's Lakeview Building |



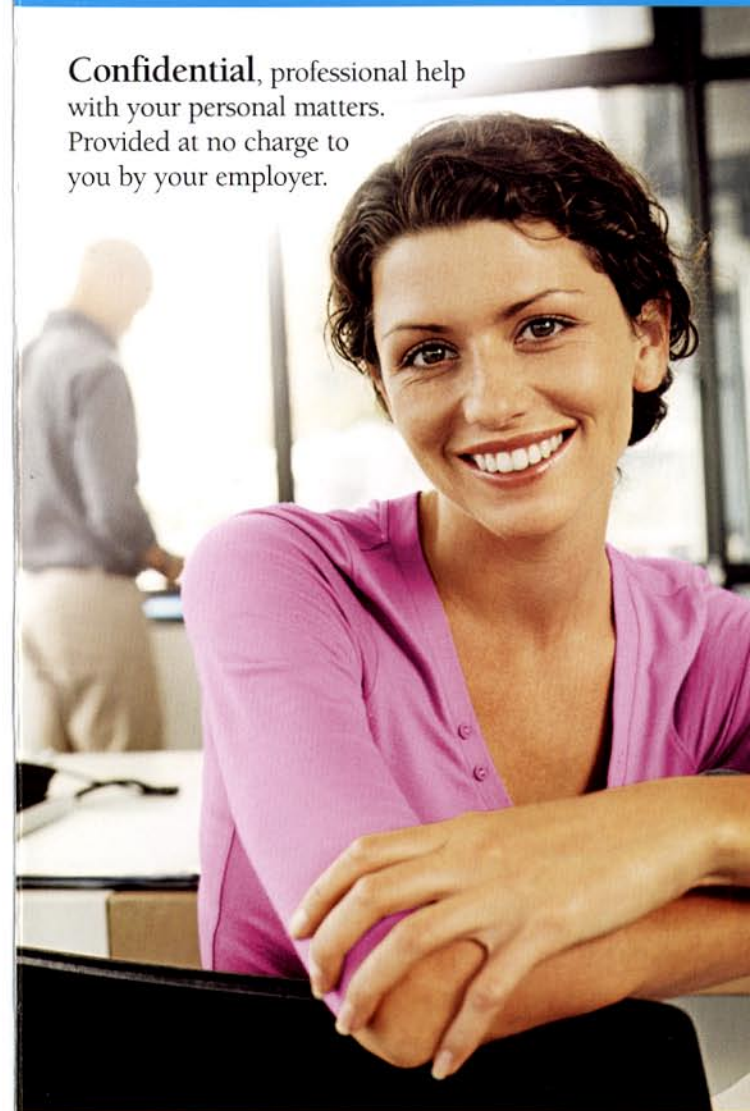
THE PATIENT.
ABOVE ALL ELSE.



St. Luke's EAP
St. Luke's Hillside Center
220 North 6th Avenue East
Duluth, MN 55805
218.249.7077 or 888.355.8495

St. Luke's Employee Assistance Program

Confidential, professional help
with your personal matters.
Provided at no charge to
you by your employer.



THE PATIENT. ABOVE ALL ELSE.



EAP: Your Personal and Professional Resource



Your employer has enrolled in St. Luke's Employee Assistance Program (EAP), a voluntary, professional and confidential resource intended to help you resolve personal matters large and small. You can use EAP to address issues such as marital and family problems, financial troubles, stress, depression and substance abuse before they get out of hand and affect your personal life and job performance.

EAP is voluntary

The decision to utilize EAP is entirely up to you. Although your supervisor may recommend EAP counseling out of concern for your job performance, you'll never be forced or required to participate. The choice to use EAP is *yours*.

EAP is professional

If you decide to use EAP, you will meet privately with a professional counselor who specializes in identifying personal concerns. You may request to talk with either a male or female counselor, who will:

- Listen without judging
- Help you understand the problem
- Determine the seriousness of your situation and recommend appropriate options and resources
- Teach you skills that help you better address personal matters in the future

EAP is confidential

Your supervisor will not be contacted if you choose to utilize EAP. In fact, no one at work will be informed of your visit. Your employer cannot obtain the information you share with your EAP counselor without your written consent.

St. Luke's EAP is a benefit provided by your employer

EAP assessments cost you nothing, and many assessments can be completed within an hour. If further counseling is indicated and desired, efforts will be made to refer you to an agency where your insurance or managed care program will cover the costs of service. Your health insurance covers most services. If you seek services not covered by insurance, your EAP counselor will help find ways to minimize the cost.



Employee Assistance Program

Your Confidential Resource



218.249.7077 or
1.888.355.8495 anytime