

# Employee Assistance Program



The best way to predict your future is  
to create it.

**Alegent + Creighton Health**  
On a mission

**Alegent + Creighton Health**

Bergan Mercy · Creighton University Medical Center  
Immanuel · Lakeside · Mercy/Council Bluffs  
Midlands/Papillion · Community Memorial/Missouri Valley  
Memorial/Schuyler · Mercy/Corning · Plainview  
Alegent Creighton Clinic

## We Are Here To Serve You

Your employer has provided you with an Employee Assistance Program benefit to assist you with balancing the challenges of work and home. You and your dependent family members are encouraged to use the program for tips on stress management, concerns about parenting, elder care issues, ways to build healthy relationships or substance abuse.

The Alegent Creighton Health Employee Assistance Program will help you and your family obtain information, provide assistance with the challenges you face and offer support in finding solutions. Our counselors are here to listen, to understand and to offer the support we can all use from time to time.

Your Employee Assistance Program is designed to help identify the early signs of a potential problem and assist in resolving your concern before it becomes a physical, emotional and financial burden.

## Assistance Available

When you voluntarily contact the Employee Assistance Program, be assured that the service is completely confidential. If a supervisor refers you, only with your permission will he or she receive attendance and compliance reports.

Your Employee Assistance Program can provide help with many issues that may affect your life at home and work including:

- Marital problems
- Family challenges
- Substance abuse
- Time management
- Stress
- Depression
- Anxiety
- Grief
- Eldercare
- Financial issues
- Legal concerns

## Help Is Available When You Need It

Your employer realizes that when you and your family are healthy and happy, you will feel better and work better. That's why your employer is providing this benefit completely free.

Through the Employee Assistance Program, you have access to multiple service locations with day and evening appointments available to work with any schedule. It's free, it's confidential and it can help.

If you need additional assistance, your counselor can refer you to the appropriate resources. We will help direct you to services included in your health insurance plan, as well as other affordable options.

## 24-Hour Access

To arrange a confidential appointment with an Employee Assistance Program counselor or for more information, call any time, 24 hours a day.



**402-398-5566 or 1-888-847-4975**  
**Alegentep.com**