

# Employee Assistance Program

## Support and Work-Life Website

Work, family, life in general – they all take a toll. Your employer recognizes the challenges of balancing work with the circumstances of everyday life. The Northwestern Medicine Employee Assistance Program (EAP) is available to help you and your family navigate through rough times. This free, short-term assistance program provides support for a range of personal concerns, including:

- Marital/family/relationship issues
- Stress, anxiety and depression
- Addiction or substance abuse problems
- Work-related conflicts
- Grief and Loss
- Financial and 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 EAP resources you need:

- Emergency access 24/7
- Short-term counseling
- Referrals to serve providers within your insurance network and to community resources near you
- Convenient office locations

### Valuable work-life Web resources

Our EAP work-life website contains valuable information, including:

- More than 5,000 articles
- Interactive wellness and self-assessments
- Self-searches for legal, financial and other care providers
- Monthly topical webinars and skill development workshops
- English- and Spanish-language materials

### LOG-IN DETAILS

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1. Go to [cadencehealth.org/eap](http://cadencehealth.org/eap)
2. Click on the work-life web link at the bottom of the page.
3. Log in using your company code: **SD93**

### Always confidential

Confidentiality in the EAP will be maintained with the rules established by federal and state law and professional ethical standards. Disclosure of information shared by the employee to any other source without the prior written consent of that employee is prohibited.

Northwestern Medicine  
Employee Assistance Program  
[www.NM.org/EAP](http://www.NM.org/EAP) 888.933.1327  
TTY for the hearing impaired 630.933.4833