

Benefit Summary

Employees and eligible family members can each use up to 3 free EAP sessions every six months towards referrals to licensed therapists.

EAP REFERRALS to Licensed Therapists

Helping you with:

- Anxiety and Stress
- Depression
- Parenting Children and Teens
- Relationships
- Adolescence
- Grief and Loss
- Life Stage Adjustments
- Self-Image
- Balancing Work and Home
- Addictions
- Domestic Violence and Abuse
- Anger Management

3 Easy Steps to Make the Connection

1. Call Sutter EAP at **(800) 477-2258** or **(916) 614-2888**.
2. We will ask you a few questions that will help us locate the right therapist for you.
3. We will call you with the therapist's contact information, so you can schedule your appointments.

NEW!

You can also make a request for services by visiting:
www.sutterhealth.org/eap

If you have a complaint or problem related to your care, please contact Sutter EAP at the number above or P.O. Box 163149 Sacramento, CA 95816-3149. Or you can download a grievance form at www.sutterhealth.org/eap.



**No
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**No
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**Strictly
Confidential**



*Sutter Employee
Assistance Program*