A free benefit for you and your family

Your employer pays for this service for you and any family member living in your house. If assistance is needed beyond the scope of the Aurora EAP, we will refer you to appropriate resources.

Our promise to you

The Aurora EAP makes every effort to protect your privacy and ensure that your EAP service is completely confidential. We strictly adhere to the federal and state laws that regulate mental health and medical treatment records.

Give Aurora EAP a call

Call 800-236-3231 and identify yourself as an employee of your company. Your family may do the same. The Aurora EAP has locations throughout Wisconsin, the United States and Canada.

Our goal is to ensure that your use of the Aurora EAP will be convenient, timely and effective.

Life has a lot to offer. We'll help you make the most of it.

The Aurora Employee Assistance Program

The Aurora Employee Assistance Program was established in 1983 and has grown into one of the premier EAPs in the country. We serve businesses of all sizes throughout North America, providing confidential, quality services to help employees and their families maintain balance between work and home.

As part of Aurora Health Care, the EAP is committed to enhancing the quality of life and wellness for the diverse people we serve. We rely on a seamless network of providers who can address a wide variety of family and workplace needs.

Aurora Health Care is a not-for-profit health care system dedicated to promoting total health and wellness, preventing illness, and providing state-of-the-art diagnosis and treatment whenever and wherever we can best meet individual and family needs.

We look forward to hearing from you!

To learn more about Aurora EAP, visit aurora.org/eap or call 800-236-3231.

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Healthy solutions for life.

The Aurora Employee Assistance Program

Aurora Health Care®

The Aurora Employee Assistance Program has been serving employees and families for more than 30 years.

We are committed to helping you find solutions that can help you deal with the challenges of busy lives—solutions that get results quickly, conveniently and confidentially.

Finding a better way

Living life to the fullest can be challenging. Life is filled with change and uncertainty. Everyday responsibilities and demands on our time can feel overwhelming. Calling Aurora EAP can be your first step in finding a better way to take charge of your life and return to an increased level of wellness.

Eligibility

The Aurora EAP is available to employees and family members residing in the household.

How Aurora EAP works

Help begins as soon as you make the first call. We will listen to your concerns and ask questions about your current situation.

Based on your needs, we will either:

- Connect you directly with an EAP counselor
- Schedule a consultation at a convenient time for you, or
- Link you with specialized work-life services

As you speak with an Aurora EAP counselor during an in-person or phone consultation, you may be offered a variety of suggestions, such as a referral to a support group, community resources or counseling. Sometimes simply talking with the EAP counselor and hearing some suggestions is all that is needed.

When to use the Aurora EAP

Consider calling the EAP when a problem:

- Occupies too much of your time
- Interferes with normal activities
- Persists for more than 2-3 weeks

Typical concerns may include:

- Alcohol/drug abuse
- Anxiety or depression
- Balancing work and family
- Caring for aging parents
- Child/family concerns
- Divorce
- Financial pressures
- Finding quality and cost-effective child care
- Legal issues
- Relationship issues
- Workplace stresses

Work-life services

All of the following work-life balance services are available as part of your EAP benefit:

Child care and elder care consultation, information and referral. Our family life experts will provide you with a variety of referral options and help you choose the most appropriate resources for your family.

Educational resource assistance for K-12 and higher education. We will match families with private and public schools from kindergarten through college and assist with choosing the most appropriate options. We can also help families understand financial aid options and assist with scholarship opportunities.

Adoption information. Our specialists will guide you through every aspect of the adoption process.

Legal consultation and mediation services. We provide a free 30-minute consultation with an experienced attorney in your area. Mediation can be a money-saving option for resolving many legal issues.

Financial consultation. Our financial experts provide up to 30 minutes of free phone consultation services and can help you address your financial concerns, such as bankruptcy or debt management.

Unlimited access to our web-based work-life services, including search forms and calculators.