

# TOTAL WELL-BEING

*Now in the Palm of your Hand*

24|7  
365

## A TOTAL WELL-BEING EAP

Sand Creek EAP provides Total Well-Being solutions for organizations and employees by combining high touch services through high tech delivery capabilities. Our Total Well-Being services are available anywhere at anytime to address any problem.

## COUNSELING

When overwhelmed with personal, work or life stressors, mental health counseling can be a lifesaver. Our licensed, master's level counselors support you and your family through difficult times providing confidential assistance 24/7. Access EAP counseling via phone, web portal, mobile app, chat, and video.

## WE HELP WITH:

- Family Conflict
- Couples/Relationships
- Substance Abuse
- Work/Life Balance
- Depression
- Anxiety
- Parenting
- Stress

Telephone: 888.243.5744

Website: [www.sandcreekeap.com](http://www.sandcreekeap.com)

**SANDCREEK** EAP  
An AllOne Health Company