

Work Life Balance: For the Reasons That Matter

Don't let challenges that life throws your way ruin what makes you happy.

When things get tough, Bear River Health Employee Assistance Program (EAP) can provide assistance and guidance in person or through telehealth, and help you to solve the difficult problems that might be keeping you from enjoying the important things in your life.



For EAP Assistance Call/Text: 231-487-1885

No Crisis Necessary. Free, Confidential 24/7 Assistance For:

- Substance Use
- Co-worker Communication
- Codependency
- Anger Management
- Domestic Violence
- Relationships
- Depression
- Anxiety
- Grief

National Crisis Hotline: 1-800-273-8255