Employee Assistance Program (EAP)

Life Happens

Support for life's challenges, at work and beyond

Whether you're navigating stress, relationship strain, grief or simply need someone to talk to—support is ready for you through the EAP from Emplify Health by Gundersen.

6 Sessions
Per concern, per employee or eligible family member

1-3 Days
Access to support

Private & Confidential
Your employer does not receive your name

40 Years
Providing confidential EAP support

When can EAP support you?

- Stress, anxiety or feeling overwhelmed
- Relationship or family concerns
- Grief and loss
- Parenting challenges
- Workplace stress or conflict
- Life transitions
- Substance use concerns
- Financial or legal questions

What to expect:

- Short-term counseling (up to 6 sessions per concern)
- Available to employees and eligible household family members ages 12 and older
- Licensed mental health professionals
- In-person, virtual or phone appointments
- Access within 1 to 3 business days
- Confidential support at no cost to you

You do not need to be in crisis to reach out. Connecting with EAP early helps you reduce stress, regain focus and get ahead of bigger challenges — before they escalate.

Need guidance now?
Connect with EAP
(608) 775-4780

Save EAP for later.
Add EAP to your phone so support is always one tap away.

Confidential | Professional | Local

emplify HEALTH by Gundersen

