

STRESSED overwhelmed *trouble coping?*

Allen Hospital EAP is here for you.

You can access our services where and when it's convenient for you:



**Take our online
mental health
risk assessment**

Go to
[unitypoint.org/waterloo/
employee-assistance-program](http://unitypoint.org/waterloo/employee-assistance-program)
and click

Test Your Mood
or call EAP at
(319) 235-3550.



**Telehealth (virtual)
counseling service**

Make an appointment
today and talk to our skilled
counselors via a tablet,
smartphone or
computer monitor.

Call EAP at
(319) 235-3550.



**Call for an
appointment**

Make a FREE and
CONFIDENTIAL
appointment at our
Waterloo office.

Call EAP today
at (319) 235-3550.

EAP (Employee Assistance Program) offers FREE and CONFIDENTIAL assessments, short term counseling sessions, and referrals if necessary for employees and their immediate family members.



UnityPoint Health
Allen Hospital

unitypoint.org/waterloo/employee-assistance-program