

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