


# EAP

Here For You



*The SBL Employee Assistance Program (EAP), is a free, voluntary, confidential program open to all SBL employees and their families.* The EAP staff of mental health professionals provides solutions for you and your family when facing everyday challenges. When you need help, we are here to help.

### Personalized Assistance

Everyone faces challenges from time to time, but you don't have to face them alone. The EAP program provides comprehensive, compassionate and professional assistance for issues such as:

- Depression
- Grief
- Stress
- Family conflict
- Couples counseling
- Workplace conflict
- Anger management
- Crisis intervention
- Substance Abuse
- ADHD

### Private and Confidential

Your participation in EAP is voluntary and strictly confidential. We do not share information that is discussed in private counseling conversations. To learn more about how we protect your privacy, our staff is available to answer your questions.

### How EAP Works

Accessing EAP is easy. Simply call our office to schedule. EAP appointments are available Monday through Friday. We offer both in-person and telehealth sessions to accommodate your busy lives.

In cases where safety is at risk, crisis intervention is available 24 hours a day, seven days a week by calling **866-567-2400** or by dialing **988**.

To make an appointment with EAP, call **217-258-4040**.

I feel sad all the time.

My child is struggling at school.

I am totally overwhelmed.

I'm not getting along with my coworker and I've tried everything.

My partner and I cannot communicate anymore.



**Sarah Bush  
Lincoln**  
Trusted Compassionate Care

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