



Utilize your EAP Benefits in 2025

Did you know that through your employer, you receive Employee Assistance Program benefits each year? Your employer is dedicated to taking care of your mental health wellbeing each year by providing your EAP benefits at no charge. This free and confidential service can be extremely beneficial during times of personal or professional transitions and stressors.

The CHI Health Employee Assistance Programs offers short-term mental health therapy from qualified licensed mental health providers. You can schedule an in person or telehealth visit for you, your significant other, or dependant - and did I mention it's free?

EAP can help you with a variety of issues:



- Work stress
- Marital and family problems
- Depression and Anxiety
- Grief and Loss
- Alcohol and/or drug abuse
- Balancing work and family
- Career transitions
- Personal Growth and development

Life can be challenging, and sometimes, we need a little extra help. Your CHI Health Employee Assistance Program is here for you. Call our office at 402.398.5566 and we can get you scheduled.

We are located at CHI Health Midlands - 11109 S 84th St. - Bldg ONE, Ste 3841 - Papillion, NE 68046