



# EMPLOYEE ASSISTANCE PROGRAM (EAP)

## You Are Not Alone. Help Is Here For You.

Everyone at some time is faced with personal challenges. Marathon County's Employee Assistance Program (EAP), offered in partnership with Ascension Wisconsin, is available for Marathon County employees and their families regardless if they are enrolled in the County's health insurance plan.

### EAP Provides Free, Confidential Assistance For:

- Relationship problems
- Family conflicts
- Workplace issues
- Conflict resolution
- Depression and anxiety
- Alcohol and other drug problems
- Compassion Fatigue
- Marital difficulties
- Job performance concerns
- Critical incident stress management
- Stress management
- Mental illness
- Financial concerns



Ascension

### Better Days Are Ahead. Contact Ascension EAP Today:



**24-Hour Confidential Help Line**  
1-800-540-3758



**Online Request for Services**  
[employeeassistance.ascension.org/wisconsin/eap](https://employeeassistance.ascension.org/wisconsin/eap)



**[eap@ascension.org](mailto:eap@ascension.org)**

**All EAP services are confidential between the employee and service provider. Marathon County is not notified of employees utilizing services.**

**For general program questions, please contact Marathon County Human Resources.**