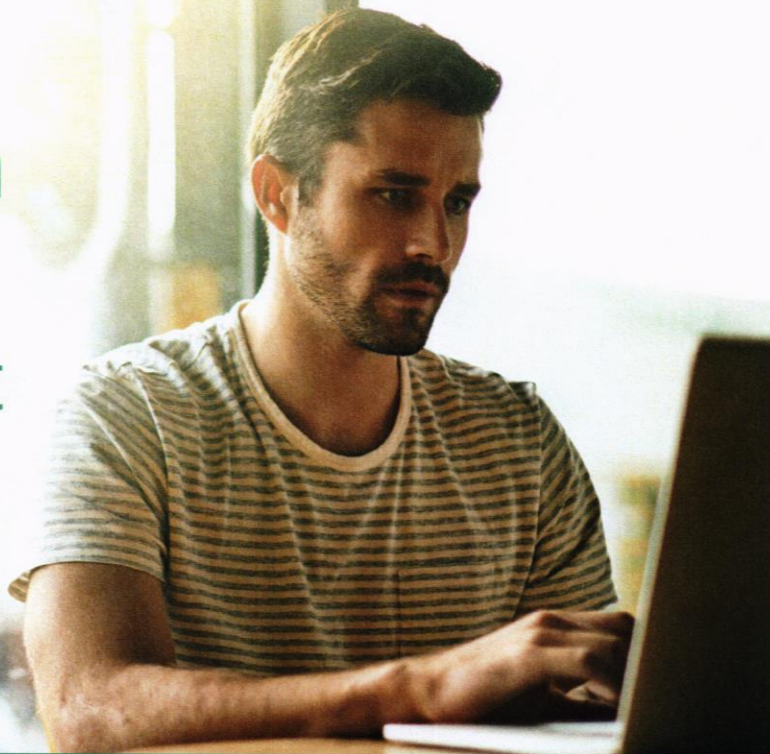


# Avera Employee Assistance Program Now Available Through Virtual Visit



Employees, spouses and dependent children in South Dakota can connect through a virtual visit with our licensed counselors for confidential, face-to-face counseling at no cost.

## Reasons to use Avera EAP

- Work issues
- Work/career stresses
- Coworker conflict
- Supervisor communication
- Bullying
- Attendance
- Family issues
- Marriage/relationships
- Children
- Divorce
- Substance use
- Substance use assessment
- Co-dependency
- Mental or emotional health
- Stress
- Depression
- Anxiety
- Life decisions
- Well-being
- Grief
- Crisis

Connect through AveraNow via laptop, tablet or smartphone.

## HERE'S HOW

1. Call Avera EAP at 605-322-4069 or 800-527-9394 to make an appointment.
2. Download the AveraNow app on your desktop, laptop or smartphone.
3. At the time of the appointment, log in to AveraNow and choose the EAP link.

To learn more about AveraNow, visit [Avera.org/now](https://Avera.org/now)

