

Avera Employee Assistance Program

Avera Employee Assistance Program provides counseling sessions for employees, spouses and dependent children at no cost to you.

Issues we can assist with:

ADHD	Eating disorders
Alcohol/other drug problems	Gambling
Anger	Codependency
Anxiety	Grief/loss
Balancing work and home life	Job/career changes
Blended families	Marriage/couples counseling
Coping with change	Parent/child conflicts
Coworker/supervisor conflict	Physical/sexual abuse
Depression	Stress/time management
Divorce	Work-related stress



605-322-4069 • 800-527-9394 • AveraEAP.org

Free and Confidential Assistance

We will not share any information regarding your counseling with your employer. Using our services will not affect your current job or future opportunities.

How it Works

- 1 Call Avera EAP at 605-322-4069 or 800-527-9394.
- 2 Give your name, phone number and employer.
- 3 Make an appointment that fits your schedule.

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