

EMPLOYEE ASSISTANCE PROGRAM

Health resources



Problems and Concerns EAP Can Help With

It's Confidential. Call anytime, day or night: 800-432-5155 or visit www.bluecrossmn.com/eap

1. Acute Stress Disorder
2. Addiction
3. Adjusting to the "Empty Nest"
4. Adoption: Locating Resources
5. Adoption: Handling Transitions, Challenges and Concerns
6. Advanced Directives
7. Adjustment Disorders
8. Adult Care
9. After a Disaster: Self-care Tips for Dealing With Stress
10. After a Trauma: Self-care Tips For Dealing with Stress
11. Aging Well
12. Aging Well In Your 20s and 30s: Investment Strategies For The Future
13. Aging Well In Your 40s And 50s: A Formula For Flourishing In Your Second Adulthood
14. Aging Well In Your 60s And Beyond: Cooking Up A Life With Meaning And Joy In Later Years
15. Agoraphobia
16. AIDS
17. Alcohol Abuse
18. Alcohol Consumption During the Holidays
19. Alzheimer's Disease
20. Am I Depressed?
21. Anger Management
22. Anorexia
23. Anti-Social Personality Disorder
24. Anxiety
25. Assertiveness
26. Attitude: Choose to be More Positive
27. Autism
28. Bankruptcy
29. Binge-Eating Disorder
30. Bi-Polar Disorder
31. Blended Family Relationships
32. Body Dysmorphic disorder
33. Budgeting
34. Building Friendships
35. Bulimia
36. Bullying at the Workplace
37. Bullying – What to do if your child is being bullied
38. Bullying: When Adults Are The Victims
39. Burnout in the Workplace
40. Business Travel
41. Finding Child Care
42. Career Development
43. Changing Jobs
44. Child Abuse
45. Codependence
46. College Transition
47. College Search
48. Communication
49. Conduct Disorder
50. Conflict Management
51. Conflict Management in the Workplace
52. Consumer Rights
53. Coping with Chronic Illness
54. Coping with Chronic Pain
55. Coping With the Diagnosis of Cancer
56. Coping With the Holiday Blues

57. Critical Incident Stress Management
58. Critical Incident Stress Debriefings
59. Cyclothymia
60. Dealing with Transition
61. Death and Dying
62. Death of a Loved One
63. Debt and Credit
64. Dependence to Independence
65. Depression
66. Depression in Children and Teens
67. Disasters: Coping with a Disaster
68. Disaster Preparedness
69. Divorce
70. Domestic Violence
71. Drug Abuse
72. Effectiveness
73. Elder Care
74. Empty Nest – Making the Transition
75. End-of-Life Planning
76. Estate Planning
77. Family Relationships
78. Family Law
79. Financial
80. From Battlefield to Workplace: Hiring
and Transitioning Heroes Back into the
Civilian Workforce
81. Gambling Addiction
82. Gay and Lesbian
83. Gender Identity Disorder
84. General Health
85. General Legal
86. Get Motivated to Change
87. Goal Setting
88. Gossip
89. Grandparenting
90. Grief Processing
91. Handling Issues with Sexual Orientation
92. Health Care Law
93. Helpful Hints For Quitters
94. Helping Your Child Succeed at School
95. HIV
96. Home Ownership
97. How to Cope With Stress
98. Hurricane Response
99. Identity Theft
100. Impulse Control Disorders
101. Infertility
102. Injuries
103. Intellectual Disability
104. Internet Addiction
105. Internet Safety and Communication
106. Is It Depression or the Blues,
Bereavement or Grief?
107. Laugh it Off
108. Learning Disorders
109. Legal Referrals
110. Lift Your Mind, Body, Spirit
111. Literacy: Finding Resources and
Handling Concerns
112. Live with Intention
113. Living The Well-Aged Life
114. Living and Working Abroad
115. Living Well with Chronic Illness
116. Making Love Last: Key Ideas
117. Making New Friends After Relocation
118. Manage Your Money
119. Managing Change
120. Managing Emotions
121. Marriage Issues
122. Medication Abuse
123. Mental Health
124. Mental Fitness
125. Military Transition
126. Modeling and Creating a Civil
Workplace
127. Moderate and Responsible Drinking
128. Money Management
129. More Results, Less Stress
130. Narcissistic Personality Disorder
131. Need a Little Guidance?
132. Obsessive-Compulsive Disorder
133. Obsessive-Compulsive Personality
Disorder
134. Oppositional Defiant Disorder

135. Other Personality Disorders
136. Overcoming Fears
137. Overcoming Stress: Challenges for the Workplace
138. Pandemic Preparation
139. Panic Disorder
140. Parent-School Interaction
141. Parenting Skills
142. Parenting a Child with Special Needs
143. Parenting an Elementary-Age Child
144. Parenting a Toddler or Preschooler
145. Parenting an Infant
146. Parenting a pre-teen
147. Parenting a teenager
148. Parenting a college or university Student
149. Parenting Skills
150. Pet Care
151. Planning For Success At Work
152. Positive Thinking
153. Pregnancy
154. Preparing a Disaster Supplies Kit
155. Post-Partum Depression
156. Post-Traumatic Stress Disorder
157. Recovery and Wellness
158. Relocation
159. Resiliency
160. Respect in the Workplace
161. Retirement
162. Sandwich Generation: Simultaneously Managing the Care of Elderly Parents and Children
163. Saving and Investing
164. School Readiness
165. Seasonal Affective Disorder
166. Self Care
167. Self-Esteem
168. Separation Anxiety
169. Setting Personal Boundaries
170. Sexual Addiction
171. Sexual Disorders
172. Sexual Harassment
173. Signs And Symptoms Of Melanoma
174. Single Parenting
175. Sleep Issues
176. Social Phobias
177. Specific Phobias
178. Strengthen Your Parenting Skills
179. Stress Management
180. Stress And Change
181. Substance Abuse Prevention
182. Substance Abuse Treatment and Recovery
183. Suicide Prevention
184. Supervisory Skills
185. Support Network
186. Surviving a Breakup: Your Personal Survival Guide
187. Survivors of Disasters
188. Taking Threats of Suicide Seriously
189. Talking to Children About Death
190. Talking to Your Children About Divorce
191. Teaching Financial Skills to Your Children
192. Time Management
193. Tic Disorders
194. Tips for Preventing Job Burnout
195. Tips for Rebounding From Adversity
196. Tobacco
197. Tornado: Preparation and Workplace Recovery
198. Training a Multigenerational Workforce
199. Traumatic Brain Injury
200. Trim Unnecessary Expenses From Your Budget
201. Tutor Search
202. Violence and Trauma
203. Violence and Trauma in the Workplace
204. What Your Eap Can Do For You
205. Women and Depression
206. Work/Life Balance
207. Working with Others