

When life gets you down, we're here to help you get back up.

**For more
information or
to talk to an EAP
counselor, call
800-236-3231.**

Advocate Aurora's Employee Assistance Program (EAP) is not only here 24/7 to help you navigate life's ups and downs, but...



It's totally free



It's easily accessible



It's 100% confidential



aah.org/eap