



Unlock your best life with our Employee Assistance Program (EAP)

Life's challenges shouldn't hold you back. Your EAP is here to empower you and your family with free, confidential, expert support, whenever you need it.

Counseling

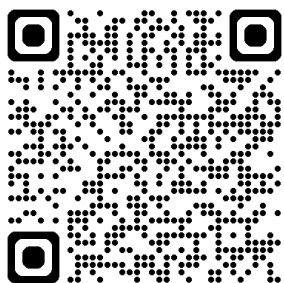
Therapy helps you feel better. Relieve symptoms of stress, anxiety or depression. Understand feelings, thoughts and behaviors. Learn effective ways to cope with challenges. Get help based on your preferences: **virtually, by phone, or in person.**

Coaching

Coaching helps you do better. Reach professional or personal goals, become a more confident parent, or find balance and build healthier habits.

WorkLife Services

Reclaim valuable time for what truly matters. Access expert researchers who handle any work, personal or everyday matter. They'll explore your needs, provide tailored options and research local resources to help you get things done, effortlessly. From finding childcare, elder care and educational resources, to assisting with daily life needs like pet sitting or travel planning, and even wellness support, they're here for you.



800-383-1908
VITALWorkLife.com
Employer Access
Code: sanford

SANFORD
HEALTH

For immediate, in-the-moment support, call 800-383-1908 anytime day or night.