

Common Spirit /Centura EAP – Employee Assistance Program

The Employee Assistance Program (EAP) is free of charge and available to be used by all employees and members of their households. The EAP is also completely confidential.

The EAP offers resources for many situations. Among the situations that the EAP can help with is workplace issues including employees experiencing a life crisis, a member of the employee's household or family experiencing a life crisis, and managers that are interacting with employees who may be experiencing these challenges.

Here is some information that can help during or after a crisis situation:

Employees: If you are experiencing a mental health or suicide-related crisis or to help a loved one through crisis: Call 988 for the National Suicide Prevention & Crisis Lifeline or 1-844-493-8255 for the Colorado Crisis Lifeline or **text “talk”** to 38255 to the Colorado Crisis 24/7 hotline. Crisis Counselors and professionally trained Peer Specialists are available to immediately help.

Managers and Leaders: If you have an associate in crisis and in need of support or if you recently experienced a workplace disruptive event, please call 1-800-645-6571 and ask to speak with the “on-call EAP Specialist.” EAP Specialists are trained in immediately helping leaders with behavioral risk situations.