

# T.E.A.M.

## Your Employee Assistance Program

**H**andling problems alone can be difficult, especially when you can't identify what the problems actually are. This is where your Employee Assistance Program, T.E.A.M., Inc., can help.

**E**asily accessible and confidential, you can get the help you need from your Employee Assistance Program to get a clearer picture of the problems you are facing. We can assist you in what can be done about them and find longer-term, specialized counseling or treatment, if necessary.

**L**ocations are available for your convenience for appointments. Services at T.E.A.M. are free to you and any member of your immediate family. Family members can also call on their own.

**P**rofessionals at T.E.A.M. work within the guidelines set by State and Federal law. What you share with us stays with us unless there is a clear and present threat of harm to you or someone else.

**For Confidential Help  
call**

**T.E.A.M., Inc.**

**(651) 642-0182**

**1-800-634-7710**

**Phones answered**

**24 hours a day,**

**365 days a year**

## What Problems Can T.E.A.M. Inc. Help Me Solve?

### Addictions

- Alcohol, Cocaine, Marijuana, other drugs
- Eating
- Smoking
- Sex
- Gambling
- People
- Work
- Money/Spending

### Marital/Family/Relationships

- Marriage/Relationships
- Raising children
- Single Parenting
- Divorce
- Communication
- Growing up in a troubled family
- Adult Children of Alcoholics

### Emotional/Mental Health

- Depression
- Anger/Violence
- Stress
- Fears
- Shyness/Loneliness
- Learning to like yourself
- Suicide
- Grief/Sadness/Loss

**The T.E.A.M. clinical staff can also assist people in identifying and connecting with appropriate resources to address:**

- Legal Problems
- Physical Illness
- Financial Problems
- Education/Career Concerns

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**Free  
Confidential  
Counseling  
Service**

**For  
Employees  
and Their  
Families**

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**Working to help you  
help yourself**