



# Employee Assistance Program

The City of Sand Springs provides employee assistance to any employee of the City and their immediate household members.

Each incident qualifies for up to three visits at no cost to the employee. Participation is anonymous and is completely confidential.

We believe in providing help to those in need by providing this service. The EAP specializes in programs geared towards but not limited to the following subject matters:

- Marriage and Family Relationships
- Emotional Illnesses
  - Depression
  - Anxiety
  - Suicidal thoughts
- Drug Abuse
- Alcoholism
- Financial Problems

**EAP help line: 918-594-5232 or 800-221-3976**

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**(If you are in immediate danger, please call 911)**

Additional help lines not affiliated with the City are:

Cancer Information Service	1-800-422-6237
National Suicide Prevention	1-800-273-8255
National Domestic Violence	1-800-799-7233
Substance Abuse Helpline	1-800-234-0420

Other needs not listed, simply dial 211

We urge those in need to seek professional help. You are not alone.