

Employee Assistance Program

*You're not alone.
Confidential support when
you need it most.*



Employee Assistance Program

Fairview Plaza
1200 East 25th Street
Hibbing, MN 55746

Tel 218-362-6664
Fax 218-312-3033

 FAIRVIEW
RANGE MEDICAL CENTER

www.range.fairview.org

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There are times when everyone needs help. The stress of working, raising a family and maintaining relationships can make us feel overwhelmed from time to time. Life can also be unpredictable, giving us difficult situations to cope with. Sometimes we feel “stuck.” We just need to change direction and come up with a plan.

Talking with a counselor can make a big difference, and it can help us develop a plan that gives us a new perspective.

Employee Assistance Program provides FREE, CONFIDENTIAL assessment, short-term counseling and/or referral if needed.

Several professional counselors are available to help

Contact us at
362-6664 or 800-450-4020



Some of the problem areas addressed include:

- Marriage and relationships
- Substance abuse
- Care issues for children or elders
- Grief/loss
- Depression/anxiety/other mental health concerns
- Change/transition issues
- Stress management/wellness
- Family problems
- Workplace issues such as conflicts and burnout
- Consultation for management
- Employee/work group problems