



# EMPLOYEE ASSISTANCE PROGRAM

## EAPHELPLINK - Online Tools and Information

Welcome to EAPHelpLink, the web-based component of your Employee Assistance Program. EAPHelpLink is your one-stop resource, available when and where you need it. Whether you are dealing with a day-to-day question or a bigger-than-life issue, EAPHelpLink provides you and your family with tools and information to address life's pressing concerns. EAPHelpLink is anonymous, confidential, and secure. Explore it any time of day, any day of the week — all from the comfort and privacy of your own computer, tablet or handheld device.

### The Website includes:

- 8,000+ research articles
- Streaming audio and video files
- Self-paced online trainings
- Monthly topical Webinars
- Self search locators for child, academic and adult care resources
- Legal and Financial Resources
  - Over 40 financial calculators
  - Ready to use legal forms
- Savings Center: A free program for savings of up to 25% on name brand, everyday and luxury items.
- Skill Builder Center: Skill Builders are eLearning courses that can be completed in 15-20 minutes. Each offers a visual presentation, brief online quizzes, and a printable certificate of completion.



To access the Website:

Go to: [www.EAPHelpLink.com](http://www.EAPHelpLink.com)

Your company code is: SOUTHDAKOTA

Toll Free:

1-800-713-6288

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