

NORTHERN MICHIGAN UNIVERSITY  
AND  
NORTHSTAR EMPLOYEE ASSISTANCE PROGRAM (EAP)

***Why is the EAP at Northern Michigan University?***

The University's partnership with NorthStar Employee Assistance Program (EAP) was formed out of concern for the health and well-being of NMU employees and their families. The sooner a personal problem is identified, the better the chances are for successful resolution. NMU provides this confidential resource outside of the workplace that assists you with addressing personal problems early.

Getting needed help is now easier than before—call NorthStar EAP at (906) 225-3145 to schedule your appointment.

***What is the EAP?***

NorthStar EAP is a resource to help you through difficult times. NorthStar can help you and your family (spouse and children) take the important first step to solve problems that could adversely impact your personal life and jobs.

NorthStar provides ***confidential*** help for you and your family, and it is provided by NMU as a prevention service designed to help you cope with personal problems before work performance might be affected.

***Who provides EAP services?***

The University has partnered with NorthStar EAP to provide you with confidential counseling. Their staff of professional counselors, located throughout the Upper Peninsula, is available to assist NMU employees and their families during their time of need. NorthStar provides face-to-face personal and confidential counseling.

***How do I make an appointment?***

Contact NorthStar directly:

NorthStar EAP  
710 Chippewa Square, Suite 206  
Marquette, MI 49855  
Phone: (906) 225-3145  
e-mail: [info@northstareap.com](mailto:info@northstareap.com)

The services are completely confidential and the University is not notified of your use of EAP services.

### ***How much does it cost? How often can I use EAP?***

Because EAP is an employee benefit, there is no charge for you to use NorthStar. You and the members of your household may schedule up to eight (8) sessions per calendar year—children must be age 4 or older. Since EAP is designed for short-term intermediate counseling, you may be referred, or desire, additional counseling outside of NorthStar. Additional counseling and treatment may then be covered by the University health plan.

### ***What kind of problems can NorthStar help me with?***

NorthStar EAP can address the following issues for you and your family members:

- Elder and child care challenges
- Major life events – i.e., marital problems, grief & loss
- Emotional distress – i.e., anxiety, sadness, and depression
- Job performance
- Financial concerns
- Health concerns
- Work relationships
- Safe working conditions
- Family and personal relationships
- Alcohol and substance abuse
- Gambling issues

### ***Where can I find more information?***

Visit the NorthStar website at: [northstareap.com](http://northstareap.com)

You may also contact Ms. Kimberly Hongisto, Benefits Assistant, in the Human Resources Department at 227-2470 or via e-mail at [khongist@nmu.edu](mailto:khongist@nmu.edu).