

c&fs EAP

Employee Assistance Program

For a PDF of this Mindful Moment, [Click HERE](#)

Mindful Moment



*Only people
in a crisis call
EAP for help.*

MYTH or FACT

MYTH.

C&FS EAP is available to support you and your household members, when you need it. Licensed Mental Health Counselors are available 24/7/365. If you **need in the moment support**, feel you are having a **mental health crisis** or you are seeking more consistent support by scheduling **counseling sessions**, we're here to help.

So call now to learn more about how C&FS EAP can help you, or attend one of our live orientations to learn more about your benefit:

- [Click here](#) to register for our April 8, 2021 orientation at 10:00 a.m.
- [Click here](#) to register for our April 22, 2021 orientation at 10:00 a.m.

Let's start the conversation.

Contact C&FS EAP

Learn More About Your EAP Benefits

Connect with us