

Child Family Services

Employee Assistance Program



- ✓ 100% Confidential
- ✓ No Cost to you
- ✓ For anyone in your household



Life doesn't stop when you are at work. EAP will help you manage both.

Counseling

One-on-one appointments

- Solution-focused
- Day and evening appointments
- Telehealth and in-person
- Referrals and community resources

Work-Life Services

Consultation and referral

- Mediation
- Conflict Resolution
- Financial
- Legal
- Child Care
- Elder Care
- Nutrition
- Tobacco Cessation

Coaching

One-on-one appointments

- Individual coaching around a specific area or skill you wish to change or develop
- Step-by-step coaching model

24/7 Crisis Counseling Hotline

If you are experiencing a non-emergency concern, call our general number to receive assistance from a Master's level counselor at anytime. For emergencies, dial 911 directly.


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