

CASCADE EAP SERVICES

The **Employee Assistance Program (EAP)** is a **FREE CONFIDENTIAL** service that will assist you and your eligible family members with **ANY** personal concern, large or small.

Examples of how the EAP can help include:

- Relationship Problems
- Depression or Anxiety
- Stress Management
- Alcohol & Drug Abuse
- Community Resources
- Identity Theft

CONFIDENTIALITY

Contact with Cascade Centers EAP is completely confidential. No information is disclosed to anyone outside the EAP without your written consent. Your identity will be protected within the limits of the law.

EAP ACCESS

Call Cascade Centers to speak to a counselor on the phone, schedule an in-person appointment, or get the resource you need. Employees and family members can call Cascade 24 hours a day, seven days a week.

SERVICES INCLUDE

Personal Consultation with an EAP Professional

Access face to face, over the phone, or on-line. Cascade EAP providers will help identify problems, establish goals, make recommendations, and develop action plans to reach your goals.

Problem Resolution

Your contact with the EAP may resolve your problem.

A Referral

If your problem is not resolved, more specialized treatment will be recommended, and a referral will be made. Referrals may include professional therapists, community resources, classes or self-help group.

Crisis Counseling

Available 24 hours, 7 days a week.

www.cascadecenter.com

info@cascadecenter.com

Call Cascade Anytime for Assistance:

Nationwide: 1-800-433-2320

Portland: 503-639-3009

Salem: 503-588-0777

