



WASHINGTON STATE

# Help Starts Here.

Washington State Employee Assistance Program

## EAP is Here for You

The **Washington State Employee Assistance Program (EAP)** is a free, confidential program created to promote the health, safety and well-being of public employees. More than 90,000 public employees have access to EAP services to help them address work and life concerns. When you're ready to get help, we're here for you.

## Personalized Solutions

Financial worries. Aging parents. Job stress. Health issues. **Everyone faces challenges from time to time** — but you don't have to face them alone. This includes issues like:

- Workplace concerns
- Stress management
- Grief and loss
- Mental wellness
- Interpersonal conflicts
- Anxiety, depression, or trauma
- Addiction and recovery
- Parenting or eldercare support
- Legal or financial issues

## How It Works

EAP is easy to access. Contact us and we'll match you with a **local professional counselor** in-person or by phone. You'll receive **FREE confidential support**, guidance on a plan of action, and helpful resources. EAP support is short-term and solution-focused.

Your benefit includes up to three sessions, and **covers all household adults**. And, you can use EAP again in the future if new problems arise.

## Private and Confidential

Your participation in EAP is voluntary and strictly confidential. We do not report back to your employer about the things you discuss in private counseling conversations. To learn more about how we protect your privacy and the limited exceptions to confidentiality, call us or visit our website.

I think my teen has a drinking problem.

I'm not getting along with my coworker and I've tried everything.

I'm really stressed out about money right now!

I don't want to be a burden on my daughter.

Why do I feel so angry all the time?

**EAP offers free, confidential resources to help solve life's problems — no matter how big or small.**



Washington State Department of

**Enterprise Services**

## Get in Touch

We've got the resources to support you around the clock, on weekdays or weekends, year-round.

[eap.wa.gov](http://eap.wa.gov) | 877.313.4455