Washington EAP has a new look!

We are excited to introduce a new look and feel for the Washington State Employee Assistance Program (EAP). The new brand reflects the foundation of the state EAP as a trusted source of help for employees to find solutions to life’s problems. The new motto “Help Starts Here” reminds employees that you don’t have to wait until work or life issues become overwhelming or turn into crises. Using EAP is a prevention strategy for building resilience and promoting wellness. Research shows that using EAP leads participants to feel higher satisfaction with both their personal life and their work. Of course, a logo is just the face of a program. What matters is the service you experience. EAP’s commitment is to offer a broad range of support, delivered by caring, expert professionals in a timely, collaborative and culturally relevant manner. Our services offer practical help—guidance, tools and resources—to address both work and personal concerns.

Available EAP Services:

How to Receive EAP Services
Supervisor/HR Resources
Webinars
EAP Brochures/Guides
Subscribe to EAP News

Finding a Caregiver Support Group

More than 800,000 people in Washington State provide care to an adult who needs help. Are you a family caregiver who could benefit from the support of an agency or a group? Support groups are powerful, especially when self-run with a structure that commits to empathy, fair communication, problem solving, acceptance of one’s vulnerabilities, and most important—confidentiality. This means that what is said in the group stays in the group. These are group traditions. The DSHS Aging and Long-Term Support Administration has wonderful resources available for caregivers around the state and hosts an annual conference on the subject. Visit their Caregiver Resources Website to learn more about assistance available to you or to find local support groups. Or, you can always start by visiting your EAP or a mental health provider knowledgeable about caregiver support.
Everyone occasionally struggles with making a decision, but does indecisiveness feel like a frequent problem for you that’s interfering with your happiness? Meet with the Employee Assistance Program or a counseling professional in your community to fight to overcome this “paralysis by analysis.” Making decisions is a life skill that’s teachable and involves comparing the outcomes and impact of choices while paying close attention to your emotions and the sway of feelings in your decision. With counseling, you can learn to make decisions more quickly by reducing overanalizing, visualizing possible outcomes, trusting yourself more, and knowing that you are making the right choices. A counselor can help you understand how a pattern of indecisiveness developed, examine whether depression contributes to it, and decide what further assistance could be helpful. Don’t let indecisiveness remain a problem that causes you to lose faith in your own judgment and prevents you from attaining what life has to offer.