# **EAP Summary of Services**

### A Benefit for you and your family members provided by Clackamas County

The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** benefit that can assist you and your eligible family members with any personal problems, large or small.

#### **Personal Consultation with an EAP Professional**

Six (6) counseling sessions face to face, over the phone, or online for concerns such as:

Marital conflict

Depression

- Stress management
- Conflict at work
- Family relationships

- Anxiety

- Alcohol or drug abuse
- Grieving a loss
- Career development services

#### Work / Family / Life

Cascade will help locate resources and information related to Eldercare, Childcare, Identity Theft or anything else you may need.

#### Legal Consultations / Mediation

Call Cascade for a free 30 minute office or telephone consultation. A 25% discount from the attorney's/mediator's normal hourly rate is available thereafter.

#### **Financial Coaching**

Coaches will provide 30 consecutive days of financial coaching to help develop better spending habits, reduce debt, improve credit, increase savings, and plan for retirement.

#### Home Ownership Program

Assistance and discounts for buying, selling, and refinancing.

#### **Gym Membership Discounts**

Discounts for gym and studio memberships, nutrition programs, and wellness resources. Go to: www.globalfit.com/cascadeEAP.

#### **EAP Tools**

- Will Kit Questionnaire and Free Simple Will
- Tax Preparation Q&A and discounted services
- Life Coaching for personal or professional goals
- Online Legal Tools with free forms

#### **Cascade Personal Advantage**

Innovative educational tools allowing you to manage your stress and improve quality of life. Chat live with an EAP counselor, take self-assessments, view videos, access personal growth courses, download documents, and more. To Access: 1) Go to www.cascadecenters.com 2) Click "Member Log-In" 3) Register as a new user 4) For company name enter: Clackamas County

#### **Cascade Personal Wellness – Powered by Hubbub**

Join and participate in an endless variety of healthy challenges and activities. Connect with your friends and coworkers, earn badges, and have fun! To Access: Go to hubbubhealth.com, or search "Hubbub" in the App Store or Google Play. Use company code: ClackamasCounty

#### Download the LifePilot Mobile App

Download the app to chat with a counselor, view your EAP services, and get the help you need. Search Cascade EAP in the App Store or Google Play.

#### Crisis Counselors are available 24/7/365

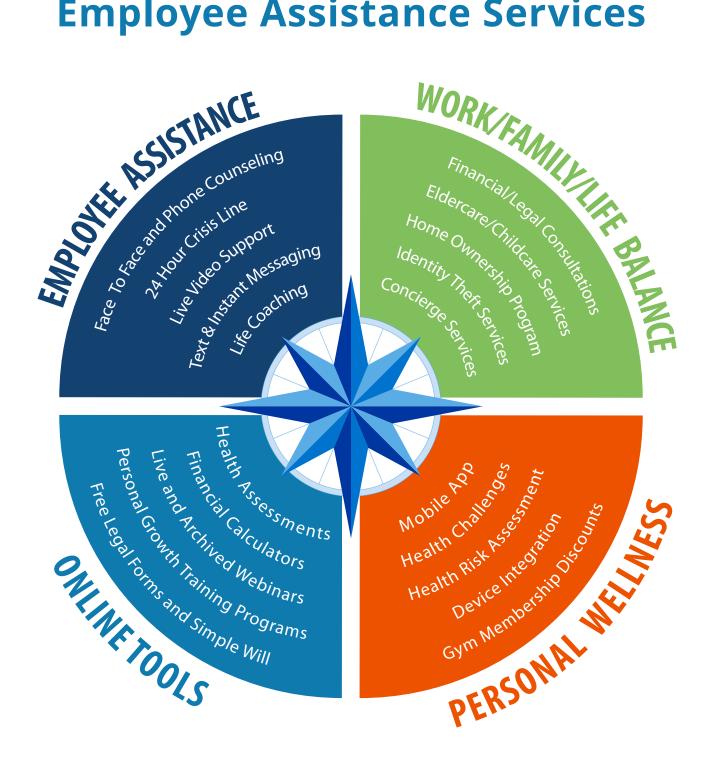


CASCADE CENTERS

For Assistance: Call: 800-433-2320 Text: 503-980-1777 www.cascadecenters.com



## **Cascade's Comprehensive Employee Assistance Services**



### Your Success is Our Compass!



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