

# EAP Summary of Services

## Helping you get to your happy place

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

Confidential Coaching and Counseling access to master's-level counselors in person, over the phone, or online for concerns such as:

- **Stress and Burnout**
- **Relationships and Family**
- **Depression and Anxiety**
- **Alcohol and Drug Use**

### Work/ Life Balance Services

Cascade will help locate resources related to Eldercare, Childcare, Identity Theft, Housing, Pet Parent Support or anything else you may need.

### Legal

Call for a free consultation, and then receive a discount thereafter.

### Financial Coaching

Coaches will help you develop a plan to improve your financial well-being.

### Well-being Tools

- Will Kit Questionnaire
- Online Legal Tools
- Tax Preparation Q&A and discounted services
- Gym Membership Discounts. visit: [globalfit.com/cascadeEAP](http://globalfit.com/cascadeEAP)
- Life Coaching

### EAP Member Site

Access innovative tools, chat for support, view videos and webinars, and more. Access at [www.cascadecenters.com](http://www.cascadecenters.com), select 'Member Log-In', register as a new user or log-in.

Enter your company name when you register.

Crisis Counselors are available 24/7/365

call: 800-433-2320 text: 503-850-7721 email: [info@cascadecenters.com](mailto:info@cascadecenters.com)

