

What is the Employee Assistance Program?

The EAP is a benefit offered by your employer that provides free short-term counseling, crisis intervention, and assessment for individuals, couples, and families. When needed, we refer people to longer-term resources.

Who is eligible to use the EAP?

The EAP is locally available to you (as an employee) and to any person who resides in your household. Dependents who are living away from home (i.e. children attending college) are also eligible for EAP.

What kinds of concerns can be addressed?

- Couples counseling
- Domestic violence
- Alcohol & drug concerns
- Work stress
- Coworker conflicts
- Grief and loss
- Depression
- Anxiety
- Stress management
- Anger
- Career concerns
- Eldercare
- Parenting/family concerns
- Crisis support
- Financial & legal issues
- Other

Who would I be talking with at the EAP?

The EAP has a staff of licensed local counselors with years of experience and varying specialties, including substance abuse. Our office coordinators help you set up an appointment with a counselor who can best help with your area of concern.

Is it confidential?

Yes. We protect each person's confidentiality according to strict legal and ethical guidelines. If you have specific questions about confidentiality, please feel free to ask our staff at any time.

Who pays for the sessions?

Your employer covers the cost for the EAP sessions. Employers have found that if employees have access to support when encountering personal or work problems, job performance is less likely to be affected.

**What if I need help after-hours or on weekends?**

We offer 24-hour on-call support in case of emergencies.

How do I set up an appointment?

Call us Monday-Friday 8:30 am - 5:00 pm at (360) 788-6565 or (800) 244-6142. We can usually set up an appointment for you within one to three business days. Sometimes it may take longer if you need an appointment during our high-demand times (late afternoons or evenings).

Visit the website at www.peacehealth.org/whatcom/eap.

HPN's services are available on an equal opportunity basis, without regard to race, color, religion, nationality, age, sex, disability, marital or veteran's status, or sexual orientation or gender identity of clients.