

EMPLOYEE ASSISTANCE PROGRAM (EAP)

City of Renton provides an Employee Assistance Program (EAP) through First Choice Health. The EAP offers free and confidential counseling and assistance in resolving situations that may impact your personal or professional life. All City of Renton employees, their spouses or domestic partners and any children under the age of 26 are automatically covered by the EAP.

The EAP provides free short-term counseling and work-life resources to help you deal with a variety of issues that can affect you at work or at home, such as:

- Managing stress and anxiety
- Depression
- Parenting
- Alcohol or drug problems
- Coping with grief and loss
- Legal assistance
- Debt management and budgeting
- Adult/elder care resources
- Home buying assistance
- Identity theft counseling
- Childcare and education

EAP counselors are available to assist you by calling 800.777.4114. All calls are confidential. When you or a family/household member contacts the EAP, the call will be answered by a trained professional who will discuss your personal concerns with you and make sure you have access to appropriate resources.



FIND TIPS ON STRESS MANAGEMENT, WELLNESS, AND MORE ONLINE

First Choice Health offers a wealth of educational resources on their website: www.fchn.com/Members/EAP

IF YOU VISIT A COUNSELOR

Up to 4 face-to-face or virtual counseling sessions per situation are provided at no charge to you. If more sessions are needed, the EAP professionals can work with your health plan to determine further coverage

FREE AND CONFIDENTIAL

All EAP counseling and assistance is free and confidential.

Login: www.fchn.com/Members/EAP

Username: cityofrenton

Call 800.777.4114 for assistance.