

# EMPLOYEE ASSISTANCE PROGRAM (EAP)

The City of Redmond provides an Employee Assistance Program (EAP) through Wellspring. The EAP offers free and confidential counseling and assistance in resolving situations that may impact your personal or professional life. All City of Redmond employees are automatically covered by the EAP.

The EAP provides short term counseling and referrals 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
- Elder care options
- Work/Life balance

EAP professionals are available to assist you 24 hours a day, seven days a week by calling 800.553.7798. When you or a family member contacts the EAP, your 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.

Following your initial call, you may receive coaching over the telephone with an EAP professional, or you may be referred to an appropriate counselor in your area, depending on your situation and your preference. In addition to the EAP services described above, you can also receive personalized preventive health and wellness information and referrals through the EAP. Work/life resources and referrals are available for:

- Marriage and family concerns
- Child care (including summer care)
- Wellness and nutrition
- Senior care (facilities, services and support groups)
- Prenatal care (classes and hospitals)
- Legal assistance
- Financial information (budgets, debts, planning)
- Specialty health providers (information and referral)



FIND TIPS ON STRESS MANAGEMENT, WELLNESS AND MORE ONLINE!

Wellspring offers a wealth of educational resources on their website. Please see the access information under "Your Benefits Contacts" in the back of this Guide.

IF YOU VISIT A COUNSELOR

Up to 8 sessions per unrelated 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.