# **EAP Summary of Services**

# A benefit for you and your family members provided by Pacific NW Consulting Engineers Health & Welfare Trust

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

Stress management

Alcohol or drug abuse

Conflict at work

Family relationships

Grieving a loss

• Depression

Anxiety

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
- Life Coaching for personal or professional goals
- Tax Preparation Q&A and discounted services
- 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: **PNCEHWT** 

### 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: **PNCEHWT** 

# **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

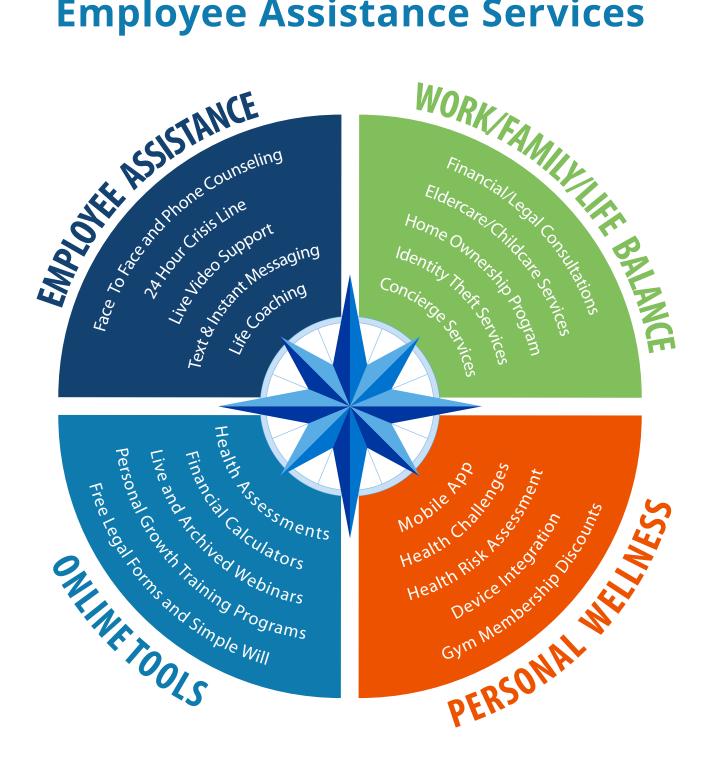


For Assistance:

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



# Cascade's Comprehensive Employee Assistance Services



**Your Success is Our Compass!** 

