

Employee Assistance Program

What you need to know

The EAP is a confidential, professional counseling service to assist you in resolving or managing personal or work-related problems.



There is no charge for assessment or assistance. Employees receive three free appointments. In most situations, your health benefits will cover subsequent appointments.

Information about the EAP, the types of services provided, as well as related resources, can be found on their website:

<http://des.wa.gov/services/hr-finance-lean/employee-assistance-program-eap>

You'll find guidance on services for employees, work/life resources, publications/brochures, webinars, and EAP providers.

Ready to make the call? To obtain a referral to a local EAP service provider, call 1-877-313-4455.