





The Employee Assistance Program (EAP) provides consultation services and referral information nationwide. When you call us, you can talk with an experienced consultant about any of the following topics:

- Aging / Elder Care & Caregiving
- Alcohol & Drug Dependency
- Anxiety and Depression
- Career Path
- Child Care, Development & Parenting Support
- Communicating Effectively
- Divorce
- Domestic Violence Assessment
- Eating Disorders
- Gambling Issues
- Emotional Concerns
- Grief and Loss
- Relationships
- Stress Management
- Terminal Illness
- Troubled Teens
- Work-Related Issues

	<b>Up to 3 face-to-face visits available to you &amp; your benefits eligible family members</b>
<b>Confidential Professional Convenient</b>	<b>Available 24 hours everyday</b>
	

## Online Tools & Resources

Live Chat or Request a Referral/Call Back

You'll find EAP benefit specific tools and information as well as access points for benefits like:

- Parenting Tools and Resources
- Legal Library
- Financial Tools
- Skill Builders
- Live and On-Demand Webinars
- Eldercare Tools and Resources
- EAP Publications
- Daily Living Tools
- Identity Theft Victim Resources

You'll also find wellness tools for enhancing your wellbeing:

- Resources for thriving
- Tools for balancing work and personal life

**1-800-553-7798**  
**www.wellspringeap.org**  
TTY 1-866-704-6355 | Local 206-654-4144

**Access Services**  
Call, live chat, request a call back or browse



**Review Benefits**  
Learn about EAP, how it works and what's covered

**Find Resources**  
Explore online tools and resources

**Learn Skills**  
Improve your wellbeing by learning life skills