

# EAP Offers Free Counseling and More

Most people know the Employee Assistance Program (EAP) as a 1-800 number you can call when you need free confidential help working through problems at home or work. Bright Wood's new EAP provider offers the same counseling services, plus a whole lot more.

## Counseling

Call 1-800-433-2320 24 hours a day, seven days a week when you need help coping with problems at home and work. Bright Wood people are eligible for four sessions per incident each year with a mental health professional. Your coworkers have sought help with such issues as marital conflicts, depression, stress, relationships at home and work, grief, alcohol and drug abuse, financial problems, decision making, etc.

## Health Coaches

Ever tried and failed at making a major lifestyle change because it was just too hard doing it on your own? Now you have free, unlimited access to your own coach to help you quit smoking, lose weight, start and stick to a new exercise routine, make changes because of a medical condition, or care for yourself and your baby before or after a pregnancy.

## Legal

Bright Wood associates are eligible for one initial 30-minute office or telephone consultation per separate legal matter (up to three per year) at no cost with a network attorney. You will get a 25 percent reduction from

the attorney's normal hourly rate if you decide to retain him/her after the initial consultation.

## Financial

Free 30- to 60-minute telephone consultation per issue (up to three per year) with one of the network's financial professionals or licensed CPAs. Additional time is billed at 25 percent less than the provider's normal fees. The EAP will also provide a local referral for more complex financial planning.

## Childcare

Requested information about childcare, education, parenting, and adoption is sent to the caller within 48 hours. Covers infants to college-age.

## Eldercare

Help finding eldercare solutions for housing, alternative living, home health, community services, legal concerns, medical issues, etc.

Information is sent to the caller within 48 hours of intake assessment.

## Identity Theft

Unlimited phone consultations including guidance on what to do if it happens to you and how to avoid having your identify stolen in the first place. Service includes access to financial advisors or attorneys when

needed.

## Home Ownership

A free, no obligation consultation service which can help participants save money on closing costs when buying, selling, or refinancing a home.

## All of the Above and Much More at [www.cascadecenter.com](http://www.cascadecenter.com)

The EAP's web site has more answers than you probably have questions. The site covers everything from medical conditions to legal rights to calculators for figuring out what payments you can afford. You can watch videos, read articles, take on-line classes, assess your health, and find other web sites with more information on topics you are interested in.

Use the link on the "For BW People" page on [www.brightwood.com](http://www.brightwood.com) to open the EAP web site and then 1) click on "Launch CPA" and 2) register as a new user the first time you visit.

Don't have Internet access? Call the Information Systems help desk in Madras at 475-2234 (ext. 467) to set up a time when you can use a company computer before or after your shift. The Jefferson and Deschutes County libraries also offer Internet access.

## Concierge

Still haven't found what you are looking for? Then call the EAP and ask for their concierge service. They will research and locate resources for you that don't fall in any of the categories listed above and provide the answers within two business days.

Contact your site's Personnel Office to learn more.



**Nota: Si usted tiene alguna pregunta o si no entendio alguno de los beneficios, favor de comunicarse con la oficina de Personnel.**

Stress is the trash of modern life – we all generate it but if you don't dispose of it properly, it will pile up and overtake your life.

~Danae Pace