

# EAP Summary of Services

A Benefit for you and your family members provided by City of Salem

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

Access up to six (6) counseling sessions face to face, over the phone, or online. Cascade EAP professionals will help identify problems, establish goals, make recommendations, and develop action plans in areas such as:

- Marital conflict
- Conflict at work
- Depression
- Stress management
- Family relationships
- Anxiety
- Alcohol or drug abuse
- Grieving a loss
- Career development services

## Work / Family / Life

Cascade will do the research for you. We 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 thirty-minute office or telephone consultation at no cost with a network attorney/mediator. A 25% discount from the attorney's/mediator's normal hourly rate is available thereafter.

## Financial Coaching

Coaches will provide 30 consecutive days of unlimited financial coaching, developing a needs analysis and an online written action plan 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

Cascade's partnership through GlobalFit provides discounts for gym and studio memberships, nutrition programs, and wellness resources. To access, visit: [www.globalfit.com/cascadeEAP](http://www.globalfit.com/cascadeEAP)

## EAP Tools

- Will Kit Questionnaire and Free Simple Will
- Tax Preparation Q&A and discounted services
- Life Coaching for personal or professional goal
- 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](http://www.cascadecenters.com) 2) Click "Member Log-In" 3) Register as a new user

4) For company name enter: **City of Salem**

## Cascade Personal Wellness – Powered by Hubhub

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 [Hubhubhealth.com](http://Hubhubhealth.com), or search "Hubhub" in the App Store or Google Play. Use company code: **CityofSalem**

## Download the LifePilot mobile App

Not sure if the EAP would be useful to you? Take the confidential LifePilot Assessment to find out. Answer a few quick questions and the LifePilot will gauge any personal or work related concerns you may be experiencing and connect you to services.

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](http://www.cascadecenters.com)

Your Success  
is Our Compass

