

Far West Family Services EAP

Your district employee assistance program since 2006

Dear Anacortes District Employee and Family Members:

Far West Family Services will once again be providing an Employee Assistance Program for the Anacortes School District. This is a benefit provided at no cost to you by the District.

You and your family will have a total of **ten (10)** counseling sessions (no co-pays or deductibles), access to our informational website, and to our extensive resource data bank. Call one of the phone numbers listed below for more information or to schedule an appointment. Counseling services are available for (but not limited to):

- Marital, relationship and family issues:** couples and family counseling.
- Parent/child concerns:** children, teenagers, young adults: depression, anxiety, adjustment etc.
- Addictive behaviors,** such as alcohol and drug dependence/abuse, gambling, and computer/Internet addictions, and pornography.
- Individual distress,** due to transitions, anxiety, depression, family of origin, workplace stress, illness or grief.
- Workplace issues:** stress, job changes, communication, job loss, retirement.
- StressLine:** 24 hour access to professional assistance and support by phone.

Eligibility:

- Spouse, partner, fiancé
- Dependent: children, step-children, foster children, grandchildren (in legal custody); age 22 and under

Community and Work/Life Resources:

Check out the new Work/Life resources on our website. We looked at all the available online resources and selected HelpGuide.org which partners with Harvard Medical School to provide the most comprehensive, well-researched and written mental health educational resources available on line. We know you will benefit from the materials on this site that include information on abuse, addiction, ADD, ADHD, autism, learning disorders, eating disorders, stress, anxiety, depression, suicide prevention, grief/loss, parenting and family guides, eldercare, relationships, and worklife balance. No login or password is needed.

Specific community resources in Eastern and Western Washington can be found on the Far West website under the left-side menu bar. You can find resources and links to adoption services, drug and alcohol treatment, sexual minority resources, mental health support services, debt and financial resources, divorce support, grief, gambling and internet addiction resources, learning disabilities and testing, legal services, smoking cessation, youth violence and substance abuse programs and more. Call the Far West office if you need further assistance in finding a local resource.

**For more information, StressLine or to schedule an appointment call:
206-682-8149 • 425-745-2347 or toll free at 1-800-398-3440
www.farwestfamilyservices.com**

All contacts with Far West Family Services are free and totally confidential.