

# Help Available

Call Your Employee Assistance Program



**You and all members of your household can receive free, confidential counseling services** through your workplace's partnership with the Cascade Behavioral Health Employee Assistance Program.

Regardless of what you are going through personally or professionally, we are here to help. Professional counseling can assist you in dealing with challenges before they become overwhelming.

We serve individuals, couples and families ages 6 and up. Our counselors provide guidance, support, and action plans to help you live your happiest and healthiest life possible.

**For more information or to schedule an appointment, contact us today:**

**541.345.2800**

## To Schedule an Appointment:

Call 541-345-2800  
Monday – Friday  
8:30 a.m. – 5:00 p.m.

## Appointments are Available:

Monday – Thursday  
8:00 a.m. – 7:00 p.m.

Friday  
8:00 a.m. – 5:00 p.m.

*In case of a mental health emergency, call us 24 hours a day for assistance.*