

NEED DIRECTION?

Call your Employee Assistance Program!

DIRECTION for Employee Assistance is pleased to offer full service Employee Assistance services to all employees and members of their households! Through the DIRECTION EAP, you and your household members may take advantage of free, confidential counseling services. Problems may include:

- Stress and Anxiety
- Depression
- Family Problems
- Relationship Conflicts
- Drug and Alcohol Abuse
- Child/Adolescent Problems
- Financial Issues
- Workplace Stress

If you or any member of your household find that you experience these or other problems, professional counselors are just a phone call away! Up to four sessions of counseling, per distinct problem, per year will be provided at no cost to you or your household members.

DIRECTION also provides employees a comprehensive training calendar that can be accessed by supervisors, employees and household members.

To schedule an appointment, please call DIRECTION at 541-345-2800

from 8:30-5:00 p.m. Monday through Friday.

Appointments are available:

Monday-Thursday, 9:00 a.m. – 7:00 p.m.

Friday, 9:00 a.m. – 5:00 p.m.

The DIRECTION office is located at
2650 Suzanne Way Suite 120, Eugene OR 97408
In case of emergency, call us 24 hours a day for assistance.