

EAP Summary of Services

A Benefit for you and your family members provided by PEBB

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

Three (3) counseling sessions face to face, over the phone, or online for concerns 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 help locate resources and information related to Eldercare, Childcare, Identity Theft or anything else you may need.

Legal Consultations / Mediation

Call Cascade for a free 30 minute office or telephone consultation. A 25% discount from the attorney's/mediator's normal hourly rate is available thereafter.

Financial Coaching

Coaches will provide 30 consecutive days of financial coaching 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.

Identity Theft

This service provides members with up to a 60-minute free consultation with a highly trained Fraud Resolution Specialist™ (FRS) who will conduct emergency response activities and assist members with restoring their identity, good credit, and dispute fraudulent debts.

Gym Membership Discounts

Discounts for gym and studio memberships, nutrition programs, and wellness resources. Go to: 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 goals
- 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 2) Click "Member Log-In" 3) Register as a new user

4) For company name enter: **State of Oregon**

Download the LifePilot Mobile App

Download the app to chat with a counselor, view your EAP services, and get the help you need. *Search Cascade EAP in the App Store or Google Play.*

Crisis Counselors are available 24/7/365



CASCADE CENTERS
INCORPORATED

For Assistance:
Call: 800-433-2320
Text: 503-980-1777
www.cascadecenters.com

Your Success
is Our Compass



Cascade's Comprehensive Employee Assistance Services



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