



A Service Provided by



The Employee Assistance Program (EAP) provides consultation services and referral information nationwide. When you call us, you can talk with an experienced consultant about any of the following topics:

- Aging / Elder Care & Caregiving
- Alcohol & Drug Dependency
- Anxiety and Depression
- Career Path
- Child Care, Development & Parenting Support
- Communicating Effectively
- Divorce
- Domestic Violence Assessment
- Eating Disorders
- Gambling Issues
- Emotional Concerns
- Grief and Loss
- Relationships
- Stress Management
- Terminal Illness
- Troubled Teens
- Work-Related Issues

	Up to 6 face-to-face visits available to you & your benefits eligible family members
Confidential Professional Convenient	Available 24 hours everyday
	

Online Tools & Resources

Live Chat or Request a Referral/Call Back

You'll find EAP benefit specific tools and information as well as access points for benefits like:

- Parenting Tools and Resources
- Legal Library
- Financial Tools
- Skill Builders
- Live and On-Demand Webinars
- Eldercare Tools and Resources
- EAP Publications
- Daily Living Tools
- Identity Theft Victim Resources

You'll also find wellness tools for enhancing your wellbeing:

- Resources for thriving
- Tools for balancing work and personal life

1-800-553-7798

www.wfseap.org

USERNAME: Overlake

TTY 1-866-704-6355 | Local 206-654-4144

Access Services

Call, live chat,
request a call back
or browse



Review Benefits

Learn about EAP,
how it works and
what's covered

Find Resources

Explore online
tools and
resources

Learn Skills

Improve your
wellbeing by
learning life skills