



welcome to your Employee Assistance Program (EAP)

We're here to coach and guide you through the challenges in your life. Call your EAP—we can help!

OUR SERVICES INCLUDE SUPPORT FOR:

- Anxiety and Depression
- Couples/Relationship/
Parenting
- Crisis Support
- Alcohol/Drug Problems
- Grief and Loss
- Work Conflict
- Compulsive Behaviors
- Domestic Violence
- Legal and Financial
- Childcare and Eldercare
- Home Ownership
- ID Theft
- Healthy Living Tips

CONTACT US

*Your free and confidential EAP is
always available to assist you!*

(800) 777-4114
FirstChoiceEAP.com

Your company's complimentary EAP program is available 24/7 and covers employees, spouses, domestic partners, and children up to age 26. The EAP is here to help when you're facing issues that interfere with your health, well-being, and productivity at home or at work.

The EAP offers up to **3 sessions face-to-face or telehealth** (no co-pay, deductible, or premium) with a qualified clinical expert who can assess your concerns and develop a plan of action. If you need a legal* or financial consultation, or ID theft resolution, you can speak with an expert for up to 30 minutes at no charge. EAP consultants can also provide you with childcare and eldercare information and resources for anywhere in the country. Additionally, the Home Ownership program is a valuable tool to gain a competitive edge as a buyer, and can save you thousands when buying or selling a home.

Simply call us at (800) 777-4114 or visit our website to request an appointment.

FREE / CONFIDENTIAL / AVAILABLE 24/7



Online Tools & Resources

Login www.FirstChoiceEAP.com

👍 Username: cityoftacoma

Mobile-friendly searchable database of resources, healthy tips and recipes, parenting advice, legal forms, and more.