

# Welcome to the Thurston County Employee Assistance Program (EAP)



**Our program is confidential and covers employees, spouses, domestic partners, and children up to age 26. The County provides your EAP services free of charge (no co-pay, deductible, or premium).**

You can use EAP services to solve a wide range of concerns and problems:

- ✓ Marital and family issues
- ✓ Depression and anxiety
- ✓ Problems with substance abuse
- ✓ Problems with gambling
- ✓ Balancing work and home
- ✓ Personal/family concerns

Your EAP is available 24 hours a day, 7 days a week. Simply call (800) 777-4114 and a Customer Service Representative will assist you. The EAP provides **up to 3 face-to-face assessment and referral sessions** with a Licensed Behavioral Health Provider who is skilled in assessing your concerns. If preferred, you may request an online appointment at [www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com).

## Enhanced Work Life Services

**Legal Services:** You can speak with an attorney for up to 30 minutes at no charge. Should you decide to retain the attorney, you will receive a 25% discount off the attorney's standard hourly fees (work-related issues are not covered).

**Financial Services:** You can speak with a financial professional by phone for up to 30 minutes at no charge. Issues may include debt management, credit card education/consultation, and budgeting advice (investment advice is not provided).

**ID Theft and Fraud Resolution:** This benefit can help protect you from theft and fraud or assist you should you become a victim of a fraud-related crime.

**Childcare and Eldercare Consultation:** You will be connected with a childcare or eldercare specialist who can assist in arranging care or resources for your child or older parent regardless of their location in the U.S.

**Home Ownership Consultation:** Save thousands if you are buying, selling, refinancing, or remodeling a home.

### We Invite You to Explore Our Online Tools and Resources

Go to [www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com) and click on the 'Login' button.

**username: thurstoncounty**

You can search a vast electronic library for information, tools, and resources including legal forms, financial information, pet care, parenting solutions, health and wellness, family matters, daycare information, eldercare, and much more.

**First Choice Health™**

Healthy Employees. Healthy Companies.™

