

# Employee Assistance Program



Far West  
Family Services

***New EAP Sessions still start on  
September 1!***

**206-682-8149 or 800-398-3440**

**W**elcome to the Northshore School District Employee Assistance Program. We are delighted to serve you and your family members. We hope you will take advantage of our services which are provided through your district benefits package at no cost to you. We are here for you when you need us.

## In-person Counseling

This year your EAP will again provide 4 EAP visits for you and your immediate family. These sessions are available from September 1 to August 31 each year. You can receive counseling to address concerns such as (but not limited to):

- marriage/primary relationship
- parenting and children
- teenagers and young adults
- depression
- drug and alcohol abuse
- life transitions
- work or career dissatisfaction
- computer/internet addiction
- chronic or terminal illness issues
- post-partum depression
- thoughts of suicide
- grief and loss
- domestic violence
- anger management
- sexual orientation
- anxiety and stress

## Eligibility

**Eligible family members:** spouse, domestic partner, fiancé; dependent children, foster and step-children, and grandchildren (in legal custody) age 24 and under.

## What happens after your EAP sessions have been used?

You may continue in your counselor's private practice or be referred to another counselor or resource that is appropriate for your situation. We will assist you in any way we can to ensure that you are able to get the ongoing support that you or your family need.

## StressLine

StressLine is for those times when you need someone to talk with immediately—when current issues seem overwhelming and difficult. We offer support, provide useful resources, and can schedule a visit with a Far West therapist. All StressLine calls are completely confidential.

## Office Hours

Scheduling office hours are 8:30 am to 5 pm, Monday through Friday. Counseling appointments are available after work hours and some evenings. To make an appointment call:

**206-682-8149**

**Toll-free 800-398-3440**

## Confidentiality

Are the services confidential? Absolutely. Confidentiality is your right. All contacts with Far West are private. You can be sure that no information about your contacts with us will be shared unless you agree in writing. Your district is not given any information that can be tied to you.

## After-hours Emergencies

If you or a family member is in emotional crisis and you need to speak with someone after 5 pm or before 8:30 am or on weekends call Far West and press 2 to be connected to the Crisis Line\*.

206-682-8149 • Toll free 800-398-3440  
press 2

\*The Crisis Line is contracted to provide specialized afterhours emergency services to all Far West clients. Please let them know that you are eligible for Far West services to ensure that we are able to followup with you as soon as possible.

## Online Resources

[www.farwestfamilyservices.com](http://www.farwestfamilyservices.com)

Just go to our website to easily locate:

- Maps to our counseling offices
- More information about your EAP services
- Links to useful health information

## Community Resources

Community resources in the Puget Sound region and Skagit County will be found on our website. You can find resources and links for adoption, drug and alcohol treatment, gender and sexual identity, mental health support services, financial resources, divorce, grief, gambling and internet addictions, learning disabilities and testing, legal services, smoking cessation, youth violence and substance abuse programs, and more.

## Work, Life and Wellness

Go to [www.HelpGuide.org](http://www.HelpGuide.org) for the most up-to-date educational information on mental and emotional health, family life, eldercare, aging, work-life balance, etc.

## Counseling Office Locations

### Lynnwood Office

Cedar Valley Office Building A  
20006 Cedar Valley Road  
Lynnwood, WA 98036

### North Seattle "U District" Office

The University Business Center  
4500 9th Ave NE, Suite 300, office #27  
Seattle, WA 98105-4762

### Southcenter Office

Pacific Rim Building  
6000 Southcenter Blvd, Suite 30  
Tukwila, WA 98188

### South Everett Office

12414 Hwy 99, Suite 209  
Everett, WA 98204

## Affiliate Providers

Affiliate providers are located in private offices throughout the Puget Sound region. Contact the office for a location nearest you.

Please see our [website](http://www.farwestfamilyservices.com) for maps and directions

Far West is an Employee Assistance Program serving school districts and public agencies in the Pacific Northwest since 1978. We provide quality and confidentiality you can trust.

