

# EAP Services for all Colorado Springs School District 11 employees and their immediate family members

## Problems are a part of life.

Centura recognizes that you or your family members can experience personal difficulties—work or non-work related stressors that may impact your health. Centura Health provides a confidential Employee Assistance Program (EAP) to help with these stressors. We provide licensed, professional counselors for stress, depression, anxiety, relationship/family, and other emotional and mental well-being issues to help you bring balance to your life. Spouse/significant other/partner and unmarried dependents to the age of 26 are also covered under the service.

## EAP services



**Easy access: call**  
**1.800.645.6571**



**8 Sessions per person, per problem, per year**



**CONFIDENTIAL & FREE**  
**(up to 8 sessions)**



**Other services to help you and your family during these difficult times**

## Other EAP services to help with your work-life balance:

- Legal/Financial – Free consults/discounted rates
- Childcare
- Eldercare
- Urgent needs for food, shelter, transportation, etc.
- Interactive website for educational materials, searchable database for childcare & eldercare
- Free behavioral wellness webinars



Company Code: CSD11

**profileEAP.org** | 800.645.6571

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