

Balancing the demands of work, home and life can lead to improved productivity, increased employee satisfaction and better managed health

All visits are CONFIDENTIAL

Information is not included in Wenatchee School District personnel records.



It's OK to get help

- When my sense of well being is affected
- When the problem affects my work performance
- When the problem becomes the focus of my life
- When my work situation affects my personal life
- When I avoid facing the problem

Benefits Offered

All employees currently working four (4) hours per day or more and their immediate family members

Three (3) visits for professional assessment – at no cost to you

Assistance in developing a plan of action – at no cost to you

Referral to appropriate community resource, when needed – coordinated with your insurance

Services we provide

Stress	Anxiety/Depression
Grief & Loss	Relationship Issues
Financial	Family
ADD/ADHD	Legal
Emotional	Conflict Resolution
Work Related Issue	
Alcohol/Substance Abuse	

EAP

help. when you need it.

Our EAP Counselors

Counselor

Mary Madland
509-670-0767

Counselor

Cheryl Short
509-662-9526

Shipowick-Smith

**Counseling & Recovery
Center**

509-667-0679

*In the event of an
emergency, please call the
Crisis Hotline:
509-662-7105*