

In today's complicated world, it is not unusual for people to have difficulties with finances, stress, substance abuse, family or marital relationships, or their own emotions. This new benefit is designed to provide assistance in balancing your home and work life and offers assistance with many of life's difficulties such as stress management, eldercare, financial matters, grief counseling, life coaching and much more. Everyone can use a good co-pilot.



SEIU Local 503, OPEU P.O. Box 12159 Salem, OR 97309-0159



Announcing Your Employee Assistance Program. A new benefit brought to you by HUBB.



**Everyone can use
a good co-pilot.**



Announcing Your Employee Assistance Program

We are pleased to introduce you to a new benefit service for you and your family.

After a careful selection process, we have contracted with Cascade Centers, Inc. to provide you with a wide range of Employee Assistance Program services.

The EAP program offers up to 3 free visits per problem per year. If more than 3 visits are needed, Cascade Centers will assist you in coordinating continued care through your insurance carrier and work with you to make sure that you or your family members connect with the most appropriate service. The program allows you to access services in person or over the phone. Cascade Centers also provides a 24-hour crisis line if you urgently need to talk to someone.

Your EAP is a benefit provided by HUBB. Cascade has an excellent reputation for quality EAP services and we are pleased to be able to offer this new benefit free of charge to enrolled HUBB members and their families. The service is voluntary and **completely confidential**.

How it works

Call Cascade EAP at 1-800-433-2320. Identify yourself and that you are an Oregon Homecare Worker. An Intake Coordinator will connect you with the resources you need. Cascade has providers located throughout Oregon and nationally.

Crisis counseling available 24 / 7 / 365

Other services available

- Eldercare / Childcare
- Identity Theft
- Concierge
- Home Ownership Program
- Interactive website
- "The Line" and "Listening Library"
- Tip sheets and Books
- On line self-directed programs
- Legal Consultations – 25% discount after initial consultation
- Financial Consultations – discount after initial consultation

For Assistance

Portland area

7180 S.W. Fir Loop, Suite 1-A
Portland, OR 97223
503-639-3009

Salem/Keizer area

113 McNary Estates Drive N., Suite D
Keizer, OR 97303
503-588-0777

All other areas/Nationwide

1-800-433-2320

Online

web: www.cascadecenter.com
email: info@cascadecenter.com

Keep this card
someplace handy.



What can you use the EAP for?

- Marital Conflict
- Relationship Problems
- Conflict at Work
- Depression
- Anxiety
- Stress Management
- Grief Counseling
- Life Adjustment
- Alcohol / Drug use
- Eldercare