

Mental Health Awareness

You do things for your physical fitness, like eating healthful foods and exercising. How about also boosting your mental fitness?

Cascade is available to support you through life's ups and downs with:

- Coaching
- Counseling
- Work/life services
- Self-care tools

Contact Cascade today for resources that enhance your mental fitness, on your own terms

It's free, confidential, and available 24/7

EAP Summary of Services

A benefit for you and your family members provided by CIS

Helping you get to your happy place

The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** benefit that can assist you, your dependents, and household family members with any personal life problems, large or small.

Confidential Coaching and Counseling access to masters-level counselors in person, over the phone, or online for concerns such as:

- **Stress and Burnout**
- **Depression and Anxiety**
- **Relationships and Family**
- **Alcohol and Drug Use**

Work/ Life Balance Services

Cascade will help locate resources related to Eldercare, Childcare, Identity Theft, Housing, Pet Parent Support or anything else you may need.

Legal

Call for a free consultation, and then receive a discount thereafter.

Financial Coaching

Coaches will help you develop a plan to improve your financial well-being.

Well-being Tools

- Online Legal Tools
- Will Kit Questionnaire
- Tax Preparation Q&A
- Fertility Health Support
- Life Coaching
- Gym Membership Discounts

EAP Member Site

Access innovative tools, chat for support, view videos and webinars, and more. Access at:

www.cascadecenters.com, select 'Member Log-In', register as a new user or log-in. Enter **CIS** as your company name when you register.

Crisis Counselors are available 24/7/365

call: 800-433-2320 text: 503-850-7721 email: info@cascadecenters.com