

CoHear/BCS

CoHear/BCS recognizes the stress and demands upon employees and supervisors in today's workplace. We have been serving the community for over 30 years, in supportive relationships with local companies. We serve both the organization and its individual employees to promote excellence in the workplace and in the home, through an Employee Assistance Program (EAP). The EAP allows members to access help for personal, family, financial, and legal issues in a confidential setting.

How do I set up an appointment?

The employee or family member may call **CoHear/BCS at (425) 283-1313** to set up an appointment.

Please identify yourself as an employee using your EAP, and be prepared to briefly discuss the issues for which you seek assistance. You will be assigned to the consultant that best meets your needs.

Your benefits entitle you to a set amount of EAP sessions per year. Please contact your Human Resources department should you have any specific questions regarding your EAP.

CoHear/BCS

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CoHear/BCS

Helping Everyone Achieve Results

Employee Assistance Program (EAP)

Confidential and caring services designed to address the stress and demands of your workplace, providing support for employees and their families.

Convenient and high quality care that exceeds expectations.





For the Employee

What is the Employee Assistance Program (EAP)?

Your EAP is a voluntary and confidential consulting service that provides support for you and your eligible family members to discuss personal and/or work-related issues and concerns. EAP services are designed to address difficulties before they lead to crises. Short term consulting, as well as quality referrals, are offered, depending on the needs and desires of the member. The services are provided in a safe, comfortable and professional environment by a qualified consulting staff member.

What areas of concern does the EAP address?

Personal Related:

- Anxiety, depression and stress
- Personal growth
- Legal and financial
- Career and education
- Emotional and psychological
- Family and parenting
- Marriage and relationships
- Divorce or separation
- Domestic violence
- Addictions (drugs, alcohol, sex, etc.)
- Sexual abuse and trauma
- Eating disorders

Work Related:

- Performance
- Disciplinary
- Safety
- Workplace relationships

For the Employer

Your employees are your most important investment. Maintaining healthy relationships with your employees will have a direct and positive impact on your business. Providing your employees with an EAP sends them a strong message of support and care. If you and your management staff would like to participate in this beneficial program, please contact CoHear/BCS. We will schedule an appointment to visit your workplace to further explore together how we can best serve you and your employee community.

CoHear/BCS EAP benefits include:

- On-site crisis intervention
- Group training and facilitation for conflict resolution and critical incidents
- Ongoing post-crisis group support, facilitation, and training
- Confidentiality to all who use the program

