

EAP Services for all Colorado Springs School District 11 employees, their spouse/partner, and unmarried dependent children ages 11-26. Ages 6-10 can be seen as part of a family session.

Problems are a part of life. Your employer recognizes that you or your family members can experience personal difficulties—work or non-work-related stressors that may impact your health and ability to be your best. CommonSpirit Health (formerly Centura Health) provides a **confidential, free** Employee Assistance Program (EAP) to help with these stressors. We provide licensed, master level counselors for stress, depression, anxiety, relationship/family, and other emotional and mental well-being issues to help you bring balance to your life.

EAP services



Easy Access: Call
1.800.645.6571



8 Sessions per person, per problem,
per year



CONFIDENTIAL & FREE



Other services to help you and
your family during difficult times

Counseling available face-to-face, tele-counseling, phone, chat, or asynchronous text. Call to schedule an appointment or register online at ProfileEAP.org

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

- Legal/Financial – Free consults/discounted rates and legal forms
- Childcare – Eldercare
- Needs for food, shelter, transportation, etc.
- Interactive website for educational materials, searchable database for childcare and eldercare services
- Self-assessments for depression, anxiety, stress and more
- Free behavioral wellness webinars to attend live or view the recorded version on your own time