Employee Assistance Program (EAP) Summary of Services

The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** benefit for you and your family members provided by North Clackamas School District #12.

Counseling

T**en (10) counseling sessions** in-person, on the phone or virtually for concerns such as:

- Depression
- Anxiety
- Relationships and family
- Workplace challenges
- Stress management
- Alcohol or substance misuse
- Grief and loss
- Professional development

Resources for Life

Assistance in finding childcare, adult care, caregiving resources, and more.

Legal Consultations/Mediation

Free 30-minute consultation and a 25% discount on services thereafter.

Financial Coaching

Unlimited guidance to improve spending, debt reduction, credit enhancement, savings, and retirement planning.

Identity Theft Support

60-minute consultation with a Fraud Resolution Specialist™ to restore your identity and credit.

Home Ownership and Housing Support

Aid and discounts for home transactions and housing assistance resources.

Coaching

Three (3) phone or video sessions with a Coach for goal setting, healthy habits, and personal development.

Pet Parent Resources

Information, support, and discounts for pet care owners.

Wellbeing Tools

Fertility health support, wellness resources, and gym discounts.

Member Site

Personal and professional development videos, webinars, self-assessments, online legal tools and more at **my.canopywell.com**. Register as a new user or log in with company name: **NCSD**

WholeLife Directions

Take a confidential survey and get connected to tools for wellbeing improvement. Available on the member site under WholeLife Directions.

Self-Scheduling Portal

Register with your work email address for online provider search and appointment management.

Canopy is committed to creating a safe, inclusive and equitable society for all.

Crisis Counselors are available by phone 24/7/365 to provide immediate support.

- Call **800-433-2320**
- Text to **503-850-7721**
- **my.canopywell.com**

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