

EMPLOYEE ASSISTANCE PROGRAM

During a layoff, a range of personal issues may arise for an employee and the employee's household members. Resources for Living, the City's Employee Assistance Program (EAP) provider, is prepared help in a variety of ways.

Face-to-Face Counseling

City of Seattle employees and their household members can use up to 6 face-to-face counseling sessions **per issue** over 12 months at no charge. This benefit can be used for a variety of matters; emotional/psychological, grief and loss, and relationship issues. Given the stress and uncertainty during budget reductions and layoff, counseling can provide you with a confidential place to express your feelings, explore options and get moving in a positive direction.

Financial and Legal Consultation

Resources for Living provides consultation with qualified professionals on a wide range of legal and financial topics (excludes work/employer related matters). You'll receive a 30-minute session for each separate issue (telephonic/in-person for legal issues; telephonic only for financial issues). Call 1-888-272-7252 or 1-888-879-8274 (TTY) to schedule an appointment.

Additional Resources are available at: <http://www.resourcesforliving.com/>.

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Search for Career Search Guide for information on:

- Job Loss
- Responding to emotions and stress
- Protecting your finances
- Getting back in the workforce
- Search for jobs
- Write your resume
- Prepare for your job interview

Benefit Extension After Separation from City Service

You and your household members can access all EAP services for three months after your last day of employment with the City. There is no cost to you for this extended benefit.