

EMPLOYEE ASSISTANCE PROGRAM

During a layoff, a range of personal issues may arise for an employee and the employee's household members. Horizon Health, 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.

Horizon Health can help you with job search and resume development resources. They can locate local publicly-funded services, provide referrals to organizations like the National Career Development Association, or identify private services. Their Work Life counselors can also provide additional resources specific to your needs. Call 1-888-272-7252 to schedule an appointment or request assistance.

Financial Consultation

Horizon Health offers financial consultation with professionals who have experience in accounting, banking and insurance; CPAs, and Certified Financial Planners (CFPs); all of whom are available to provide you with services to meet your needs. Call 1-888-272-7252 to schedule an appointment.

Additional Resources are available at: www.HorizonCareLink.com.

Login: city of seattle
Password: city of seattle

Under the "My Benefits" tab:

- Choose "More Resources" and "Employee Resource Library" to access these flyers:
 - Some Things to do if You Lose Your Job
 - Coping with Job Loss
 - Job Loss Resources
 - Job Loss Support Services
- Choose "Legal & Financial" services to access documents, tools and forms.

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 extension.