



**CITY OF SEATTLE  
SEATTLE DEPARTMENT OF HUMAN RESOURCES  
LIFE EVENT: LIFE STRESSES YOU**

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**Life Event: Life Stresses You**

**Step 1 – Contact the Employee Assistance Program.**

The City sponsors a number of programs to help you deal with life's stresses. One of these is the Employee Assistance Program (EAP). This program offers confidential, professional assistance to help you deal with life's stresses. You are allowed six free 1-hour visits per year. You can reach the EAP office at (206)654-4144 or toll-free at (800)311-0216 for assistance with:

- Alcohol or drug problems
- Family, relationship or emotional concerns
- Eating disorders
- Job-related problems and coworker conflicts
- Stress or depression
- Elder care
- Financial or legal problems
- Gambling or other addictive behaviors
- Critical incidents or catastrophes
- Grief

**Step 2 – Review mental health coverage.**

If the problem cannot be resolved in six EAP appointments, all of the City's plans cover mental health visits. If you wish to continue therapy with your Wellspring Family Services' therapist after the six EAP appointments, you may do so through the Aetna medical plans. All Wellspring Family Services' therapists are part of the Aetna network. The Traditional plan covers outpatient visits at 80%, whether your doctor is in or out of the network. The Preventive plan covers visits to doctors in the Aetna network at 100% after a \$15 co-pay; out-of-network doctors are covered at 60%.

The Group Health standard plan covers outpatient visits at 100% after a \$15 co-pay for individual/family visits or \$7.50 co-pay for group therapy sessions. The GH Deductible plan covers outpatient visits at 100% after a \$15 co-pay per individual/family session or \$7.50 co-pay for group therapy.

All plans also offer in-patient treatment.



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**Step 3 – Review mental health coverage.**

The City provides a number of time-off programs for employees including:

- Vacation
- Family and Medical Leave
- Sick Leave
- Personal Leave
- Sabbatical Leave

Leave programs are governed by Seattle Municipal Code, Personnel Rules and some union contracts. Contact your Department's Human Resources Representative or the Seattle Department of Human Resources if you need additional information.