

Here to Help

Get the Most Out of Your Employee Assistance Program.

Congratulations! Your employer has partnered with Cascade Health Counseling & Employee Assistance Program to give you and all members of your household access to free, confidential counseling services.

Counseling can be a good way to combat stress, develop new skills, learn more about yourself and help you make changes to improve your life. Whether your goals are personal, professional or relationship-focused, our counselors can provide guidance, support and action plans to help you live your happiest, healthiest life.

We serve individuals, couples and families ages 6 and up. Give us a call today and get started on your path to self-discovery.

cascadehealth.org | (541) 345-2800

To Schedule

Call (541) 345-2800
Monday - Friday
8:30 a.m. - 5 p.m.

Appointments Available

Monday - Thursday
8 a.m. - 7 p.m.

Friday
8 a.m. - 5 p.m.

If you are having a mental health emergency, call us 24 hours a day for assistance.

Location

2650 Suzanne Way, Ste. 120
Eugene, OR 97408

