



# We all need someone to talk to.

## Free, confidential counseling services for your whole household.

Maybe you're just looking for someone to listen. Maybe you're looking to develop new skills to combat stress or anxiety. Or maybe you want to understand yourself better. Your employer's partnership with Cascade Health Counseling & Employee Assistance Program (EAP) allows you to do all of that by providing you and all members of your household access to free, confidential counseling services.

No matter what brings you to us, our experienced counselors and social workers will listen without judgment and help you make positive changes. Whether your goals are personal, professional or relationship-focused, we offer guidance, support and action plans to help you live your happiest, healthiest life.

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



[cascadehealth.org](https://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. - 6 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

