



BALANCEDYOU



Feeling stressed? Counselors can help!

King County employees can access counselors to move from struggling to thriving. Counselors are here to:

- Listen without judgment.
- Help with challenges at work or home.
- Provide tools to improve your well-being.
- Maintain your confidentiality.

Struggling at work? EAP counselors can help.

The Employee Assistance Program (EAP) helps with work stress at no cost to you.

- Talk about workplace problems or career decisions.
- Find ways to feel better while working.
- Contact: 206-263-8733, HRDEAP@kingcounty.gov

Overwhelmed at home? MLE counselors can help.

The Making Life Easier (MLE) program supports home-life stress at no cost to you.

- 8 visits / topic / year for counseling.
- Call anytime, 24/7, to speak with a counselor.
- Contact: 888-874-7290, www.kcmakinglifeeasier.com

Want long-term care? Insurance-based counselors can help.

Your King County insurance covers counseling for ongoing needs.

- Get help for ongoing stress or challenges.
- Build skills to stay mentally strong.
- Contact:
Kaiser: 888-287-2680, www.kp.org/getcare
Regence: 855-857-9959, www.regence.com

[KingCounty.gov/BalancedYou](https://www.kingcounty.gov/BalancedYou)
balancedyou@kingcounty.gov

206-263-9626

