



King County

## King County Employee Assistance Program now offering limited in-person appointments

Your Employee Assistance Program (EAP) is here to support you, virtually or in-person.

- Virtual appointments via phone, tablet, or computer are convenient and flexible.
- Limited in-person appointments are available at our new King Street Center office for those who prefer face-to-face conversations.

EAP counselors can help you navigate workplace challenges at no cost to you. EAP provides support for employees and supervisors in navigating:

- Workplace stress
- Career decisions
- Strategies to feel better while working, and more.

Contact EAP to schedule virtual or in-person appointments.

- Phone: 206-263-8733
- Email: [HRDEAP@kingcounty.gov](mailto:HRDEAP@kingcounty.gov)

For more information on EAP, visit [www.kingcounty.gov/eap](http://www.kingcounty.gov/eap) or scan the QR code.



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