

# Welcome to the Shoreline School District Employee Assistance Program (EAP)



**Our program is confidential and covers employees, spouses, domestic partners, and children up to age 26. Shoreline School District provides you EAP services free of charge (no co-pay, deductible or premium).**

You can use EAP services to solve a wide range of concerns and problems:

- Marital and family issues
- Depression and anxiety
- Problems with substance abuse
- Problems with gambling
- Balancing work and home
- Personal/family concerns

Your EAP is available 24 hours per day, 7 days per week. Simply call (800) 777-4114 and a Customer Service Representative will assist you. The EAP provides up to 4 face to face visits with a Licensed Behavioral Health Provider who is skilled in assessing your concerns. If preferred you may request an online appointment at [www.firstchoicееap.com](http://www.firstchoicееap.com).

## We Invite You To Explore Our Online Tools And Resources

Go to [www.firstchoicееap.com](http://www.firstchoicееap.com) and click on the Work/Life Resources button:

**username: shoreline**

**password: employee**

You can search a vast electronic library for information, tools and resources: legal forms, financial information, pet care, parenting solutions, health and wellness, family matters, daycare information, eldercare, and much more.



**First Choice Health™**

Healthy Employees. Healthy Companies.™