

Employee Assistance Program

Far West
Family Services



206-682-8149 or 800-398-3440

Welcome to the Mukilteo School District Employee Assistance Program. We are delighted to serve you and your family members. We hope you will take advantage of our services which are provided through your district benefits package at no cost to you. We are here for you when you need us.

In Person Counseling

Your EAP program includes **8** counseling visits for you and your immediate family and are available starting September 1 and ending on August 31 each year. We can help with concerns such as (but not limited to):

- marriage/primary relationship
- parenting and children
- teenagers and young adults
- depression
- drug and alcohol abuse
- life transitions
- work or career dissatisfaction
- computer/internet addictions
- chronic or terminal illness issues
- post-partum depression
- thoughts of suicide
- grief and loss
- domestic violence
- anger management
- sexual orientation
- anxiety and stress

What happens after your 8 EAP sessions have been used?

You may continue in your counselor's private practice or be referred to another counselor or resource that is appropriate for your situation. We will assist you in any way we can to ensure that you are able to get the ongoing support that you or your family needs.

Mailing Address:

Far West Family Services, LLC
PO Box 33788
Seattle, WA 98133

Far West is an Employee Assistance Program serving School Districts and small businesses in the Pacific Northwest since 1978. We provide quality and confidentiality you can trust.

StressLine

StressLine is for those times when you need someone to talk with immediately—when current issues seem overwhelming and difficult. We offer support and provide useful resources and can schedule a visit with a Far West therapist. All Stressline calls are completely confidential.

Office Hours

Scheduling office hours are 8:30 a.m. to 5:00 p.m. Monday through Friday. Counseling appointments are available between 10 a.m. and 8 p.m. To make an appointment call:

206-682-8149
toll-free 1-800-398-3440

Eligibility

Eligible Family members: spouse, domestic partner, fiancé; dependent children, foster children, grandchildren (in legal custody) age 22 and under.

Confidentiality

Are the services confidential? Absolutely. Confidentiality is your right. All contacts with Far West are private. You can be sure that no information about your contacts with us will be shared, unless you agree in writing. Your District is not given any information that can be tied to you.

After-Hours Emergencies

If you or a family member is in emotional crisis and you need to speak with someone after 5:00 pm or before 8:30 am or on weekends call either number below and press 1 to be connected to the Crisis Line*.

206-682-8149 • press 1

or toll free

1-800-398-3440 • press 1

*The Crisis Clinic is contracted to provide specialized after hours emergency services to all Far West Clients. Please let them know that you are eligible for Far West services to ensure that we are able to follow-up with you as soon as possible.



On-Line Resources

www.farwestfamilyservices.com

Just go to our easy website and locate useful information:

- Maps to our counseling offices
- More information about your EAP services
- Links to useful health information

Community Resources:

Community Resources in the Puget Sound region and Washington state can be found on our website. You can find links to adoption services, drug and alcohol treatment, sexual orientation, gender identity, mental health support services, financial resources, divorce, grief, gambling and internet addictions, learning disabilities and testing, legal services, smoking cessation, youth violence, substance abuse programs, and more.

Work, Life and Wellness:

Click on the link to **Work, Life and Wellness** to go to the HelpGuide.org for the most up-to-date information on mental and emotional health, family life, eldercare, aging, work-life balance etc.

Office Locations

Lynnwood Office

Cedar Valley Office Building A
20006 Cedar Valley Road
Lynnwood, WA 98036

So. Everett Office

Everett Industrial Park
12414 Hwy 99, Suite 209
Everett, WA 98024

Southcenter Office

Pacific Rim Building
6000 Southcenter Blvd, Suite 30
Tukwila, WA 98188

Go to our [website](#) for directions and information about our offices.

Affiliate Providers

Affiliate Providers are located in private offices throughout the Puget Sound region. Contact the office for a location nearest you.