Help Starts Here
The Washington State Employee Assistance Program (EAP) is a free, confidential program created to promote the health, safety and well-being of public employees.

More than 90,000 public employees have access to EAP services to help them address work and life challenges.

When you’re ready to get help, we’re here for you.

EAP offers free, confidential resources to help solve life’s problems — no matter how big or small.

We’ve got the resources to support you around the clock, on weekdays or weekends, year-round.

Get in Touch

🌐 eap.wa.gov
📞 877.313.4455

"EAP was a wonderful resource. The counselor was extremely helpful."

Employee Assistance Program
No-cost, confidential support to help with work and life challenges.

eap.wa.gov
Personalized Solutions
Financial worries. Aging parents. Job stress. Health issues. Everyone faces challenges from time to time — but you don’t have to face them alone. We can help with:
- Workplace concerns
- Grief and loss
- Interpersonal conflicts
- Addiction and recovery
- Anxiety, depression, trauma
- Stress management
- Mental wellness
- Parenting or eldercare support
- Legal and financial issues

Private and Confidential
Your participation in EAP is voluntary and strictly confidential. We do not report back to your employer about the things you discuss in private counseling conversations. To learn more about how we protect your privacy and the limited exceptions to confidentiality, call us or visit our website.

How it Works
EAP is easy to access. Contact us and we’ll match you with a local professional counselor in-person or by phone. You’ll receive FREE confidential support, guidance on a plan of action, and helpful resources. EAP support is short-term and solution-focused.

Your benefit includes up to 3 sessions, and covers all household adults. And, you can use EAP again in the future if new problems arise.
Employee Work/Life Resources

The Washington State Employee Assistance Program (EAP) offers free, confidential resources to help solve life’s problems.

Your EAP benefit includes the following work/life resources:

Financial Counseling
Free consultation with a financial expert to help you get your finances in order, whether you need a monthly budget or are working to reduce debt.

Legal Assistance
Free consultation with an attorney to discuss your situation, then discounted rates for ongoing legal services if needed.

Web Resources
Resources to help you solve life’s problems: articles with expert advice, webinars, an online will-maker, DIY legal forms, financial calculators and resources to help you find child care, pet sitters and more.

Get Started
There are two ways to access your work/life resources:

- Call 888-728-1408 or
- Visit eap.wa.gov/worklife

Enter your organization code:

SPS