

CASCADE PFAP SERVICES

The **Physicians & Family Assistance Program** is a **FREE CONFIDENTIAL** service that will assist you and your eligible family members with **ANY** personal concern, large or small.

Examples of how the PFAP can help include:

- Relationship Problems
- Depression or Anxiety
- Stress Management
- Alcohol & Drug Abuse
- Community Resources
- Identity Theft

CONFIDENTIALITY

Contact with Cascade Centers is completely confidential. No information is disclosed to anyone outside the PFAP without your written consent. Your identity will be protected within the limits of the law.



PFAP ACCESS

Call Cascade Centers to speak to a counselor on the phone, schedule and in-person appointment, or get the resource you need. Employees and family members can call Cascade 24 hours a day, seven days a week.

SERVICES INCLUDE

Personal Consultation with a PFAP Professional

Access face to face, over the phone, or on-line. Cascade providers will help identify problems, establish goals, make recommendations, and develop action plans to reach your goals.

Crisis Counseling

Available 24 Hours, 7 days a week.

Legal and Financial Consultation

Call Cascade to speak with a local attorney or financial advisor for concerns such as family law, consumer concerns, budgeting, and financial planning

Childcare and Eldercare

We will find care giving options and resources based on your family's specifications, budget and location.

Concierge and Resource Retrieval

We'll do the research and get back to you within two business days.

E-Support

A live online virtual session with a PFAP Consultant. For additional information, or to set up a session, please visit www.cascadecenter.com/esupport.

www.cascadecenter.com

info@cascadecenter.com

Call Cascade Anytime for Assistance:

Nationwide: 1-800-433-2320

Portland: 503-639-3009

Salem: 503-588-0777



CASCADE CENTERS
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