

# E-Support

## Online Employee Assistance Services

*E-Support is a live online virtual session with an EAP Consultant.*

### **E-Support provides online access with EAP consultants to:**

- Provide advice customized to your situation
- Answer questions
- Assist you with problem resolution



### **Benefits:**

- No need to leave home or office for an appointment
- Professional and confidential
- Solution focused resolution to problems
- Review of progress through transcripts of sessions

### **Security and Confidentiality:**

Users correspond with their online EAP consultant through our secure website in a Private Conference Area. Data is protected at the highest allowable level using secure 128 bit socket layer (SSL). All chat accounts are protected by usernames and passwords.

#### **For more information or to set up an appointment:**

- Email:** [esupport@cascadecenter.com](mailto:esupport@cascadecenter.com)  
**Visit:** [www.cascadecenter.com/esupport](http://www.cascadecenter.com/esupport)  
**Call:** [1-800-433-2320](tel:1-800-433-2320)



Services offered online by Cascade are supportive, educational, and solution-focused. The intent is to assist in assessing the user's problem and making a referral for ongoing treatment if needed. There are instances where online support is not an appropriate service. Online support is not a crisis service and does not take the place of face-to-face behavioral healthcare services. Those under the age of 18 years of age are not eligible for this service.