



Employee Health Services and The Employee Assistance Program (EAP)

*The most valuable asset of the
City of Albuquerque is its employees.*

Both City employees and the organization benefit when employees reach out to employee health services. We will assist both you and your family no matter what department you work with.

Employee counseling, crisis intervention, referral services, are for both employees and family members living in the home. Professional counselors offer assistance with concerns about relationships, grief, parenting, work issues, depression, anxiety, stress, and everything else life may toss your way.

We provide personal training for exercise and strength, body composition analysis, cardiovascular endurance testing, back strengthening, and a variety of health education classes: CPR, AED training, weight management, fitness testing, basic first aid, stress management, violence prevention, conflict resolution, and more.

Consultations for supervisors and managers who are concerned about employee's attendance, performance and behavior are also provided.

The only part of life we have control over is what we think. We can help you become very good at living well so you can look back on your life and feel respect for yourself, knowing you gave it your best, you played to win.

There is nothing more important than employee health.

Confidentiality

Your privacy is protected by strict confidentiality laws and regulations. The details of your discussions with our staff may not be released to anyone without your prior consent. Participation with employee health services and the EAP will not jeopardize your job or career.

*NOTE:
Unfortunately, AMAFCA and COG employees are not eligible for services.

(505) 768-4613
24/7/365 Emergency
On-Call Counselors
1-800-348-3232



**"The next best thing to being
wise oneself is to live in a
circle of those who are."
- C.S. Lewis**