



## **CABQ EMPLOYEE ASSISTANCE PROGRAM (EAP)**

We provide **FREE** and **CONFIDENTIAL** counseling services for Employees and their immediate family members.

CABQ Employee Assistance Program telephone: (505) 768-4613

CABQ Employee Assistance Program Email: [eap@cabq.gov](mailto:eap@cabq.gov)

Emergency On-Call Counselors (After-Hours and on Weekends):

Call the main number at **(505)768-4613** and your call will be forwarded to our dedicated crisis line

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### **Who is Eligible?**

Employee counseling, crisis intervention, and referral services are offered for both employees and qualifying dependents 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.

### **Other Services Offered**

We provide body composition analysis with our InBody Machine where we can assess your water weight and lean muscle mass that will help educate with personal health and fitness goals, Normatec compression boots to help advance your wellness, increase circulation, improve training and help reduce swelling: CPR, AED training, basic first aid, stress management, violence prevention, conflict resolution, and more!

### **Important: 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.