

# Instant Chat

Home **My Benefits** Emotional Wellbeing Relationships Financial Health Legal Personal Growth

## Chat Live



READ MORE

- EAP Orientation Video
- EAP User guide
- Legal Tools
- Self-Assessments
- Chat Live**

### Instantly connect with an EAP counselor to:

- Schedule an appointment
- Learn about your benefits
- Inquire about counselors
- Remain anonymous
- Get assistance with a concern
- Receive guidance accessing online services

### To Access:

1. Go to [www.cascadecenters.com](http://www.cascadecenters.com)
2. Click 'Member Log in'
3. Register as a new user
4. Select 'My Benefits' and 'Chat Live'

### Security and Confidentiality:

*Texting services offered 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 or resources if needed. Texting is not a crisis service and does not take the place of face-to-face behavioral healthcare services.*

Available 8am - 5pm PST

**Cascade Centers Employee Assistance Program**

Phone: 800-433-2320

Text: 503-980-1777

[www.cascadecenters.com](http://www.cascadecenters.com)



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