

# CSEAP

## Colorado State Employee Assistance Program (CSEAP)

CSEAP is a comprehensive benefit set up to support employees, supervisors, managers and agencies through a variety of support services focused on maintaining both a healthy and productive workforce.

### CSEAP Provides Confidential Counseling

- Confidential, short-term counseling
- Resources
- Referral services
- Manager and supervisor consultation
- Work group facilitation
- Training and education
- Coaching
- Mediation
- Couples and relationships
- Managing emotions
- Family matters
- Workplace concerns
- Substance related issues
- Stress
- Crisis intervention services
- Psychological Fitness for Duty

**Trained staff members provide the following services to all state employees FREE of charge:**

#### *Office Locations:*

Crisis intervention services office locations include Denver, Golden, Loveland, Sterling, Colorado Springs, Canon City, Pueblo, Alamosa, Durango, and Grand Junction.



### Contact

For more information or assistance, please contact CSEAP at 1-800-821-8154 or 303-866-4314, or visit [Colorado.gov/CSEAP](https://Colorado.gov/CSEAP).

# • EAP Counseling •

**6 Sessions . Confidential . No Cost**



**Short-term**

Six sessions of brief, solution-focused counseling for individuals, couples, families



**Family Members**

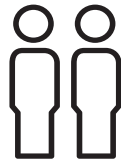
Sessions may be used by family members (age 15 and older) including partner



**Rolling Year**

Your EAP benefit begins on your intake date and restarts annually around that date

## Reasons to Seek Counseling:



### Relationship Concerns

Partners, spouses, children, parents, coworkers



### Stress, Anxiety, Depression

Feeling down, hopeless, overwhelmed, unstoppable worry



### Workplace Stressors

Conflict, difficult people, burnout, bored or overwhelmed with workload



### Phase of Life

Starting a family, divorce, leaving home, launching children, marriage, re-marriage, retirement



### Substance Abuse or Other Addiction Concerns

Alcohol, marijuana, opioids, pornography, sex, devices, gaming, gambling



### Grief, Loss, Other Concerns

Death of loved one, death of coworker, loss of relationship; Financial stress, health or medical stress, sexuality, trauma, referrals ...



**COLORADO**  
State Employee Assistance  
Program  
C-SEAP

For questions or appointments, call **1-800-821-8154**.