

Kevin Carrico

RAF Lakenheath Monday - Friday 0800-1630

CALL 866-580-9078

OR SCHEDULE ONLINE

- ► Click https://go.oncehub.com/LakenheathAFB
- Choose the option you are comfortable with Due to COVID-19, EAP field Consultants may have limited in-person sessions availability. Please consider scheduling phone or video sessions.
- Select from available dates and times, and provide your information.



A Field Consultant is a professional counselor who is licensed according to local and state requirements. They meet all the requirements to provide confidential, non-clinical counseling (family, marital, work-place stress, parenting, etc.) and are available in person, on the phone, or through on-line video conferencing.

866-580-9078 | WWW.AFPC.AF.MIL/EAP

## Department of the Air Force Civilian Employee Assistance Program

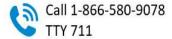
\* Available to USAF GS, LNDH & NAF Employees \*

## **Key features**

- Provided at no cost to you and your household members
- Completely confidential services provided by a third party
- Available 24/7/365

## Get started today!







## **Programs**

- Work-Life Services referrals to service providers and discounts on child and adult care, education, home improvement, etc.
- Coaching create a plan of action to meet your goals
- Counseling meet with a licensed professional for support with stress, anxiety, grief, substance misuse and more
- Legal assistance, financial coaching and identity theft resolution – expert consultation and online resource library
- Online training and self-care programs improve your health and overall emotional well-being
- Manager support consult with experts on workplace topics

