

EMPLOYEE ASSISTANCE PROGRAM



Sometimes balancing work and personal responsibilities creates stress that is hard to handle on your own. To help you through those times, you can receive counseling and referrals through the Colorado State Employee Assistance Program (C-SEAP).

What is C-SEAP?

C-SEAP is a professional assessment, referral, and short-term counseling service offered to State employees with work-related or personal concerns, as well as a resource for supervisors and managers seeking individual managerial consultation, work-group organizational development, assistance with conflict resolution, or help with resolution of work-place traumatic events.

C-SEAP has confidential, cost-free counseling and coaching available for active State employees with concerns such as:

- Grief
- Anger
- Depression
- Anxiety
- Stress
- Health Concerns
- Domestic Violence
- Job Performance Concerns
- Workplace Conflict
- Substance Abuse
- Couples/Family Problems
- Personal/Professional Growth

How do you use C-SEAP?

In order to schedule an appointment, call C-SEAP anytime Monday through Friday between the hours of 8 a.m. and 5 p.m. When you contact C-SEAP, a staff specialist will ask you for some general information and set up an appointment for you to meet with a counseling professional. Additional after hours resources are available on the C-SEAP voice mail as well as on the website. You can reach C-SEAP by calling the main office 303-866-4314 or 1-800-821-8154 to schedule your initial appointment.

Where are my counseling sessions?

C-SEAP offices are located in Downtown Denver, Loveland, Sterling, Grand Junction, Colorado Springs, Pueblo, Canon City, Alamosa and Durango.

Will anybody know I'm coming to C-SEAP for counseling?

C-SEAP does not disclose that you are coming to their office for counseling. Counseling services are strictly confidential. The only exceptions are when you give written permission for others to be informed, or in rare situations in which the law requires others to be informed for reasons of physical safety.