

Employee Assistance Program



Free & Confidential • (800) 356-0845

Learn. Do. Become.

Each of us experiences challenges, uncertainty, responsibilities, and demands for our time and energy. You have the capacity and resilience within you to step forward and to transform adversity into opportunity. Personal Assistance Services provides you with the right tools, resources and support, to help you respond to life's challenges, learn new skills, reimagine your future, and turn your dreams into a path forward.



Personal Assistance Services (PAS) provides you with a wealth of confidential, professional services that can help you address challenges and strengthen your work and home life.

This is a pre-paid benefit and free to you and your dependents. PAS services are confidential and PAS does not disclose information to anyone about your participation unless you give your consent to do so (except as required by law).

Through PAS you have access to:

- Elder care managers
- Child care specialists
- Certified child development and parenting professionals
- Organization and time management specialists
- Retirement coaches
- Career coaches
- Tobacco cessation coaches
- Master's level licensed counselors
- Registered and licensed dietitians
- Certified financial counselors
- Attorneys
- Life coaches
- Health coaches
- Counselors
- eM Life™ app to increase focus, resilience and wellbeing
- Downloadable resources, financial tools, legal forms and more

website: <https://www.paseap.com>

To register, use organization code: **Northwest**