

Civilian Employee Assistance Program

Supporting our Navy Civilian Workforce

Civilian Employee Assistance Program (CEAP)

At some time each of us may face serious issues in our lives. Whether those issues stem from alcohol and/or drug abuse, financial concerns, medical or emotional illnesses, stress and/or work related difficulties, marital, family, and/or relationship concerns, your CEAP can help. The CEAP is a confidential assessment and referral service available to Navy civilian employees.



As your employer, the Navy is concerned about your physical and emotional health. The CEAP has been established to help you cope with and resolve issues before they adversely affect your job performance, health, and/or family life. Successful coping and problem resolution increases significantly with the support of professional help.

The CEAP counselor will help you identify and clarify your issues, offer support and understanding, explore your options for addressing the problem, and develop with you a plan of action. Many concerns can be addressed through CEAP assessment; however, if a referral is needed, you will be given a referral to the most appropriate community resource.

Cost

There is no cost to you to utilize the services of CEAP. When a referral to a community resource is necessary, there may be a fee at that resource. The CEAP counselor will suggest the most qualified and convenient community resource. In matters related to your health, the cost of outside services may be covered under your health insurance plan.

Who Will Know

Consultation with CEAP counselor is completely confidential. Only you and the counselor will know if you seek help. If a supervisor refers you, the CEAP counselor tells the supervisor only that you contacted the program for assistance. Your supervisor is not told the nature of your personal concerns.

Arranging an Appointment

To schedule a confidential appointment, contact the CEAP Administrator/Counselor at:

Family Service Center (Building 193)
Naval Station (Code 00H26)
820 Willamette Street
Pearl Harbor, HI 96860-5108

Phone: (808) 473-4222x239
Fax: (808) 473-4755

DoD employees are eligible and invited to attend free classes at:

**Family Service Center
Naval Station
820 Willamette Street
Pearl Harbor, HI 96860**

List of Classes

- Anger Management
- Checking Account Management
- Couples Communication
- Fighting for Your Marriage
- Job Stress
- Managing Money and Credit
- Parenting Skills
- Preparing a Federal Application
- Savings and Investment Basics
- Stress Management
- Time Management
- Understanding Personality Type

Call 473-4222 and press 1 to register for classes. Check our website for the monthly schedule:

pearlharbor.navy.mil/fsc/fsc.html



The Civilian Employee Assistance Program provides a confidential professional assessment and referral at no cost to you.

- Job Related Difficulties
- Substance Abuse
- Financial Concerns
- Medical Problems
- Child/Elder Care Needs
- Emotional Problems
- Stress
- Marital/Family Issues

For CEAP information: Call 473-4222 x 239

*Information provided by CEAP Program Manager
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Please Post on Official Bulletin Boards