



THIS IS YOUR EMPLOYEE ASSISTANCE PROGRAM

Helping you Achieve your Well-Being

► **Work-Life Services**

- Childcare
- Elder care
- School and education
- Home improvement
- Relocation
- Health and Wellness

► **Finances**

- Estate Planning
- Budgeting
- Taxes

► **Legal**

- Elder Law
- Landlord/Tenant Disputes
- Family and Divorce

► **Counseling Services**

- Family and relationships
- Grief and stress
- Anxiety and depression

► **Work**

- Career Development
- Workplace Diversity
- Productivity

AND MORE!

► **Call Direct 866-580-9078**

► **Call Collect 314-387-4800**

► **Visit your EAP website at www.afpc.af.mil/EAP. Click OCONUS. Use code USAirForce. Select Portuguese as your language**



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

Choose OCONUS. Use code USAirForce. Select Portuguese.



MEET YOUR EAP FIELD CONSULTANT



Kevin Carrico

RAF Lakenheath

Monday - Friday

8:00am - 4:30pm GMT

CALL 866-580-9078

Collect Call: 314-387-4800

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

Choose OCONUS. Use code USAirForce. Select Language.



MEET YOUR EAP FIELD CONSULTANT



Robin Hall

Ramstein AFB
Monday - Friday
8:00am - 4:30pm CET

CALL 866-580-9078

Collect Call: 314-387-4800

OR SCHEDULE ONLINE

- ▶ <https://go.oncehub.com/RamsteinAirForceBase>
- ▶ 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

Choose OCONUS. Use code USAirForce. Select Language.