

MEET YOUR EAP FIELD CONSULTANT



Kevin Carrico

RAF Lakenheath
Monday - Friday
0800-1630

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

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!



Visit www.afpc.af.mil/eap



Call 1-866-580-9078
TTY 711



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

Magellan
HEALTHCARE