



DEFOREST AREA SCHOOL DISTRICT

Human Resources Department 520 East Holum Street DeForest, WI 53532 (608) 842-6520

PROFESSIONAL COUNSELING - EAP

Your Employee and Family Assistance Program is a support service that can help you take the first step toward change.

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English (Canada)

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My Services

You can trust us to help you and your family to resolve issues that you may be facing. We can help with stress, relationship problems, depression, anxiety, nutrition and weight loss, parenting, and much more.

There are many ways to get help today - all completely confidential. Review the services below and use the icons under **Let us help** to book your service anytime, anywhere.

If you have not done so already, please **Register** to create your workhealthlife Profile, so you can experience all that your EFAP and this site have to offer.

Let us help

Your EFAP provides immediate and confidential assistance for any work, health or life concern.

Get started online ▶

Chat Now ▶

Email a counsellor ▶

Call 1.844.880.9137 ▶

Professional Counseling

Caring professionals are dedicated to supporting you through the issues that may be impacting your life.

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At the heart of Morneau Shepell is our professional counseling service. Our caring professionals are dedicated to supporting you through the issues that may be impacting your life. Our counseling services are delivered in a number of ways to make it as easy as possible for you to connect with us to help resolve your issue. During your first call, we'll discuss learning preferences, work schedules, and other lifestyle issues in order to create a plan of action that will work best for you.

We can help with the following issues/concerns:

- Relationship Problems
- Life Stages
- Family Issues
- Communication
- Work Relationships
- Workplace Stress
- Bullying
- Harassment
- Abuse
- Depression
- Addiction
- Grief
- Anger Issues

- Parenting Advice
- Conflict Resolution
- Personal Growth
- Stress & Coping Techniques
- Conflicts
- Personal Resiliency
- Work/Life Balance
- Work Performance
- Anxiety
- Smoking Cessation
- Coping with Illness or Injury
- And More

Professional counseling is available to you and your family through these options:

- In-person sessions
- Sessions over the telephone
- Video counseling sessions
- Online chat