



# 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](http://www.afpc.af.mil/EAP). Click OCONUS. Use code USAirForce. Select Portuguese as your language**



**866-580-9078 | [WWW.AFPC.AF.MIL/EAP](http://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.*
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