



## COLO RADO

State Employee Assistance  
Program

C-SEAP

### Counseling Services

- Confidential counseling for all state employees
- Professional help with personal and workplace issues such as stress, anxiety, depression, grief, relationship issues, traumatic events, drug and alcohol concerns, parenting, domestic violence, suicidal thoughts
- Violence Risk Assessment and Consultation

### C-SEAP

Improving the quality of life and work for state employees through organizational and individual assistance. Experienced staff provide professional support to every region of the state.

### Organizational Management and Development

- Manager and Supervisor Consultation
- Mediation Program
- Managerial Emotional Intelligence Coaching
- Critical Incident Response

Call us today.

303-866-4314

Toll Free 800-821-8154

[www.colorado.gov/cseap](http://www.colorado.gov/cseap)

### Resources and Education

- Anger Management Education
- Emergency Financial Assistance
- Accessing community resources

Multiple Offices Across the State

Cost-Free and Confidential

*Your trusted  
confidential  
resource for  
over 30 years!*