

C3 Customized. Comprehensive. Community-Based.

C3 Wellbeing supports health and resilience through comprehensive and personalized services.

Our Employee Assistance Program (EAP) was established in 1985 to help employers better navigate issues affecting performance and morale.

Like all EAPs, our services are offered as free employer-sponsored benefits. Unlike other EAPs, our Master's-level clinical consultants provide comprehensive support and follow-up, all tailored to the unique needs of your employees.



- Specialized expertise that supports the unique needs of each employee
- Fast, personalized service and high-touch support
- Support for family members—regardless of location
- Ongoing case management until issues are resolved

Our Mission

With deep local roots and a national reach, C3 Wellbeing fosters healthier, more resilient environments that support mental health, prevent substance use, and nurture a culture of equity and wellbeing.

Through evidence-based programs, prevention strategies, consultation, and personalized support, we empower people to be and do their best at school, at work, and in their communities. C3 Wellbeing is a 501(c)3 Charitable Organization.

“ C3 provided me with exactly what I needed in my moment of crisis. Their follow-ups were a comfort and encouraging.”

“ C3 has been a game-changer for our organization. Their services have not only helped our team members navigate personal challenges but also contributed to a more resilient and engaged workforce.”




Tel: 800-445-1195

c3wellbeing.org



Employee
Assistance
Program



Customized, comprehensive support

Powered by over 40 years of experience, C3 Wellbeing's Employee Assistance Program (EAP) helps you foster a thriving workplace by enhancing wellbeing and reducing stress.

Immediate Support

We are available 24 hours/day, 365 days/year to provide confidential support.

Onsite Crisis Response

In the case of a traumatic event, we provide onsite critical incident debriefings, locally and nationwide.

Mental Health Assessments

Our clinical consultants will conduct a thorough assessment to identify underlying concerns and determine the course of action that best supports an employee's individual needs.

Third-Party Referrals

If an issue requires more than short-term support, our clinical consultants will refer employees to a licensed in-network treatment provider to meet their needs.

Guided Support

If an issue only requires short-term support, our clinical consultants will provide up to six 30-minute phone sessions per issue, per year, for employees and their families—regardless of where they live.

Leadership Consultations

We offer unlimited consultation for Human Resources, managers, and supervisors to help address job performance concerns, identify employees in need, and manage conflict.

Training

Choose from a variety of onsite and virtual training options to build, enrich and engage your team.

- Over 25 ready-to-deliver live trainings
- Customized workshops on stress management, leadership development, team dynamics, and more

Wellness Classes

Our classes cover a broad range of topics (including meditation, chair yoga, and journaling) and equip employees with the tools they need to reduce stress.

Resources

Access a full range of print and digital resources, including:

- Brochures, posters, and newsletters
- Targeted email campaigns
- Over 100 webinars
- 50 on-demand professional development courses
- Self-help tools and wellness programs



Clinical Consultants

With a thorough knowledge of varied work environments, cultures, and employee dynamics, our Master's-level, licensed counselors provide crisis intervention, psychosocial assessments, and case management services.

- Short-term problem resolution and support
- Education, prevention, and early intervention
- Consultation for legal, financial, eldercare, dependent care, nutrition, and career resources
- Referrals for in-network specialists available to provide immediate support
- Timely follow-up to ensure referral satisfaction
- Total confidentiality and HIPAA compliance