


# EMPLOYEE ASSISTANCE PROGRAM

**City and County of San Francisco EAP Counselors are available Monday through Friday from 8:00 am to 5:00 pm for free, confidential counseling & consultation for city employees and leadership.**

*If you think you need help reach out.*

**Email: eap@sfgov.org**

**(628) 652-4600**

WE'RE HERE *For You*

*ComPsych Guidance Consultants are available for confidential referrals to community resources after hours & on weekends and holidays.*

If you are having a mental health emergency, call or text 988, the national crisis hotline. You may also go to your nearest emergency room.