

EAP Services:

Cambria County Employee Assistance Program is intended to help employees with managing emotional, mental health and work/lifestyle needs. The challenges of balancing work and family issues can often become overwhelming. Such issues may include, but are not limited to; relationship problems, domestic abuse, stress and anxiety, budget and/or money management concerns, legal concerns, parent/child conflicts, alcohol, substance or drug abuse, loss or grief regarding a loved one, and concerns about child care and/or aging parents.



CAMBRIA COUNTY

EMPLOYEE ASSISTANCE PROGRAM

*Cambria County
Employee
Assistance
Program*

Cambria County Employee Assistance Program

Confidential counseling and referral service to assist with managing life's challenges.

Life management resources and referrals.



Another Source for Help.....

LifeSolutions workpartners

LifeSolutions EAP provides you with practical information and counseling on a variety of topics. You and anyone living under your roof – as well your dependents who are younger than 26 and not living at home – can use these valuable services. Information can be provided over the phone, via email, or by mail. Counseling is available at a time and location convenient to you.

Key benefits of the program:

- There is no cost for employees.
- The service is available 24 hours a day, 7 days a week, 365 days a year.
- Services include coaching and counseling in person, over the phone, or through video.
- It is confidential.
- The service provides an independent, impartial source of support.

You can also review information at www.lifesolutionsforyou.com. To log in, call the number listed below or use your company code: CCEAP.

1-844-833-0527 (TTY: 711)
LifeSolutions@upmc.edu
www.lifesolutionsforyou.com
Company Code: CCEAP

Confidentiality

Use of the Employee Assistance Program is Confidential; no one will know you are using it unless you choose to tell them!

Cambria County has committed that at no time shall any confidential information developed through this program be transmitted to an employee's collective bargaining unit or to the County to defend or reprimand an employee.

EAP Contacts

The Cambria County Human Resources Department and its

local Unions have selected a group of Cambria County employees to serve as volunteer EAP contacts. These individuals are committed to providing confidential support to any of our co-workers in need of assistance. Committee members were selected from several different departments and locations within the County. You are free to utilize any of the EAP contacts listed without regard to your personal work, department or site, if you desire.



Contacts for the Cambria County Employee Assistance Program

AAA

Sabrina Uebel — 539-5595 or extension 2535

Adult Probation:

Gary Welsh – 534-2551 or extension 4418

Behavioral Health/Intellectual Disabilities/Early Intervention

Kimberly Pfeil — 691-4200 or extension 2757

Children & Youth

Steve Swintosky — 534-2539 or extension 2539

Clerk of Courts

Donna Koval — 472-1540 or extension 6438

Department of Emergency Services

Tina Stimely — 472-2050

District Attorney's Office

Lia Demarco — 472-1680 or extension 6822

Human Resources

Gina M. Sowers — 472-1610 or extension 4514

Amy Glessner — 472-1610 or extension 4515

Amanda Eckenrod — 472-1610 or extension 4508

Juvenile Court

Kim Berzonsky — 472-4700 or extension 4707

Prison

Richard Sobecky - 472-7330

Kurt Wolford — 472-7330

Eric Wysong – 472-7330

Tax Assessment

Matthew Krawczyk - 472-1451 or extension 6180

REVISED: 09/14/2023

