



# The Forecaster Newsletter

Far West Family Services |  
Your Employee Assistance Program

*The Forecaster* is published quarterly by Far West Family Services, your Employee Assistance Program. Copies of this newsletter are also on our website.

We appreciate your feedback and comments about our newsletter.

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*The information provided in *The Forecaster* is to be used for educational purposes only. It should not be used as a substitute for seeking professional care for the diagnosis and treatment of any medical condition.*



Far West Family Services, now in its fifth decade, is a professional behavioral health care service business providing Employee Assistance Programs in Washington state. If you would like more information about our customized programs, please call 206-682-8149 or 1-800-398-3440, or visit our website at [www.farwestfamilyservices.com](http://www.farwestfamilyservices.com).

To learn more about your benefits through Far West, or to schedule an appointment with one of our therapists, call our office during business hours, 8:30 a.m. to 5:00 p.m. Monday through Friday. Session times vary, but usually available from 12:00 p.m. to 8:00 p.m. Monday through Friday and Saturday clinics for children.

Far West . . . help when you need it.

206-682-8149 • 800-398-3440

After-hours emergencies:  
Press option 1 to speak to a crisis counselor  
or for TTY call  
206-461-3219 (TTY)

[www.farwestfamilyservices.com](http://www.farwestfamilyservices.com)

## Need additional resources?

### HELPGUIDE.ORG

**The best mental health resources on the web, in collaboration with Harvard Medical School Health Publications. Answers to your questions about depression, anxiety, bipolar disorder, eating disorders, insomnia, parenting, etc. Excellent self-evaluation guides and step-by-step programs for dealing with life's challenges.**

### Community Resources

**Links to organizations in Washington state for information on adoption, gay and lesbian issues, financial and legal resources, county resources, drug and alcohol treatment centers, youth violence, domestic violence, and more.**