



CG CIVILIAN WELLNESS

Supporting You and Your Family. Strengthening Mission Readiness.

CG Civilian Wellness is the new name for Coast Guard civilian Employee Assistance Program (EAP) and work-life services. It provides confidential support to employees and eligible family members for personal, family, and work-life concerns—helping strengthen well-being, resilience, and mission readiness.



COUNSELING & SUPPORT

Licensed or credentialed professional counselors provide face-to-face or virtual, short-term counseling to you and your family members, up to 12 sessions per person, per problem, per year. Counselors can also facilitate referrals to providers and other resources based on your needs, health insurance coverage, and financial resources.



LEGAL CONSULTATION

The EAP includes free initial consultation with licensed attorneys to provide assistance with family law, housing/real estate, estate planning, civil and criminal law, consumer/contract law, personal injury, automobile issues, and more.



FINANCIAL CONSULTATION

Financial experts provide consultation regarding debt matters, investment options, money management, retirement planning, identity theft prevention and repair, and more. You have access to a confidential tax filing consultation to gain clarity on your options and help you plan with confidence.



WORK-LIFE SUPPORT & REFERRAL SERVICES

Work-Life specialists provide expert guidance and personalized referrals to trusted resources nationwide for caregiving, daily life challenges, and major life events. They can help you find childcare, eldercare, healthcare providers, schools, adoption resources, home improvement professionals, pet care, and more — including support for emergency backup dependent care and health coaching.



ONLINE RESOURCES & TOOLS

The EAP website below is your one-stop resource for tools and information designed to address life's pressing concerns. You will find webinars, self-assessments, trainings, podcasts, and articles. Additionally, you can access calculators, childcare and eldercare resources, download legal and financial forms, and more.



ONLINE RESOURCES & TOOLS

In addition to the services listed above, you also have access to Acentra Connect, your on-demand mental health and well-being app designed to access digital resources right at your fingertips. You can also connect with Tess, your AI-powered chatbot to help with managing issues such as stress and anxiety via the website or mobile app.



Scan the QR code to download the *Acentra Connect* mobile app. Use the ORG ID **USCG** to register.



1-888-718-9508
24/7/365



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TTY



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