

Employee Consultation Services (ECS): Here to Support You!

Thank you for participating in our (10) question inquiry. Your feedback is valuable to us as we strive to improve our services.

1. Prior to today, did you know about ECS/EAP (the Department of State's Employee Assistance Program)?

Yes

No

Additional Comments:

2. ECS offers confidential short- term counseling, crisis intervention, presentations, group support, management consultations, substance use counseling, and referral services. Have you ever used ECS services?

Yes

No

Additional Comments:

3. Did you know that you may be granted excused absence from official duty to receive services from ECS?

Yes

No

Additional Comments:

4. Did you know that ECS services are confidential? This means that our staff is prohibited from disclosing your identity and communication content to anyone else in the Department.

Yes

No

Additional Comments

5. Below is a list of proposed topics for ECS workshops. Please indicate which workshops you would be interested in attending now or in the future.

Activating Happiness	Managing Depression
Bullying in the Workplace	Managing Parental Stress
Changing Habits regarding Substance Use	Managing Stress in the (Personal /Workplace)
Divorce and Separation	Managing Difficult Relationships
Domestic Violence	Meaningful Living
Eldercare	Mindful Eating
Forgiveness	Mindfulness
Financial Counseling	Parenting Children (0-17)
Healthy Marriage Communication	Problematic Pornography Use
Increasing Self-Esteem	Single Again
Increasing Assertiveness	Sleep Difficulties
Infidelity	Strengthening Personal Relationships
Increasing Emotional Intelligence	Suicide Prevention
Life Transitions	Tools to Prevent Workplace Burnout
Living with a Family Member with a Mental Health Challenge	Understanding Grief and Loss
Managing Anger	Understanding Trauma
Managing Anxiety	Understanding Depression
Managing Conflict in the Workplace	Understanding the LGBTQ+ Community

6. Please identify topics not listed above that may benefit you or other personnel.

7. If your life is impacted by caregiving responsibilities, identify the area where support is required. Check all that apply:

Elder Care

Childcare

Caring for a person with a disability

Other:

My life is not impacted by caregiving responsibilities.

Additional Comments

8. Do you have concerns related to sexual orientation or gender (LBGTQ+)? If yes, what services can DOS offer that may support you & your family?

Yes

No

Additional Comments

9. Which option below best describes your employment type with the Department of State?

Foreign Service

Civil Service

EFM

Other

10. What is the length of time you have been employed by DOS?

1-5 years

6-11 years

12-17 years

18+ years

11. What is the ideal time for you to schedule an appointment with ECS?

7:00AM - 4:00PM ET

4:00PM - 11:00PM ET

11:00PM- 7:00AM ET