

# 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