

The Listening Library

The Listening Library is a series of recorded informational messages covering a variety of topics that affect our lives.

Accessing the Listening Library is Easy!

Call Toll Free 1-800-257-6291

OR

Portland Metro Area: 503-620-3749

Enter the extension of the topic of interest to you

<i>Extension</i>	<i>Topic</i>
270	<i>Who is Cascade and What is the Employee Assistance Program?</i>
271	<i>When and How do I Use the EAP?</i>
272	<i>Grief and Loss?</i>
273	<i>ADHD</i>
274	<i>Depression</i>
275	<i>Eating Disorder Basics</i>
276	<i>Generalized Anxiety Disorder</i>
277	<i>Resiliency</i>
278	<i>Stress Management</i>
279	<i>Substance Abuse</i>



The Listening Library is intended to provide general information on common mental health topics and is not intended to replace counseling or therapy by state licensed mental health professionals.

