

# Department of the Navy Civilian Employee Assistance Program - DONCEAP



## Key features

- Provided at no cost to you and your household members
- Completely confidential services provided by a third party
- Available 24/7/365

## Get started today!



Visit [magellanascend.com](https://magellanascend.com)



Call 1-844-DON-CEAP (369-2327)

TTY 1-800-635-2883



## Programs

- **Coaching** – create a plan of action to meet your goals
- **Counseling** – meet with a licensed professional for support with stress, anxiety, grief, substance misuse and more
- **Legal assistance, financial coaching and identity theft resolution** – expert consultation and online resource library
- **Work-Life Services** – referrals to service providers and discounts on child and adult care, education, home improvement, etc.
- **Online training and self-care programs** – improve your health and overall emotional well-being
- **Manager support** – consult with experts on workplace topics