



# EASY SCHEDULING

It's easy to schedule some time with one of our DONCEAP Field Consultants. To get started, log on to your EAP website today!

▶ Visit your DONCEAP website at [www.magellanascend.com](http://www.magellanascend.com)

Use the code DON if have not yet registered



Counseling

▶ Click on the Counseling Icon

▶ Scroll down to find your worksite and click

If your worksite is not listed, call 844-DON-CEAP

▶ Choose the option you are comfortable with

Due to COVID-19, EAP Field Consultants may have limited In Person sessions availability. Please consider scheduling phone or video sessions.

#### Meet with a Field Consultant

Field Consultants are highly trained, licensed professionals who are familiar with the culture of your agency, and specialize in working with federal employees and their family members.

Click on a location below to schedule an appointment or call 1-844-DON CEAP to be connected to an EAP provider:

- Joint Base Anacostia-Bolling - Washington, DC
- Joint Base Pearl Harbor – Pearl Harbor, HI
- Naval Air Station Jacksonville - Jacksonville, FL
- Naval Air Station Patuxent River - Patuxent River, MD
- Naval Air Warfare Center – Point Mugu, CA
- Naval Air Weapons Station China Lake – Ridgecrest, CA
- Naval Surface Warfare Center Dahlgren - Dahlgren, VA
- Navy Region Southwest – San Diego, CA
- Norfolk Naval Shipyard – Portsmouth, VA
- Puget Sound Naval Shipyard - Bremerton, WA
- The Mark Center – Alexandria, VA
- The Pentagon – Arlington, VA

▶ Select from available dates and times

▶ Provide your information

JB Pearl Harbor

Due to COVID-19, DONCEAP Field Consultants may have limited in Person sessions availability. Please consider scheduling phone or video sessions. If you have a mental health emergency call: 1-844-366-2327 or 911.

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How would you like to meet?

Navy - In-Person

Navy - Phone

Navy - Video Conference

Pick a date and time

Duration: 30 minutes

Conferencing Information: This is a virtual meeting. You will provide conferencing information.

Your time zone: United States - Eastern time (GMT-4:00) (DST) (Change)

September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Available starting times for Tue, Sep 1, 2020

No AM times	2:30 PM
	3:00 PM
	3:30 PM
	4:00 PM
	4:30 PM
	5:00 PM
	5:30 PM
	6:00 PM
	6:30 PM
	7:00 PM



# 844-DON-CEAP