



To use your benefit,
contact EAP directly

(716) 681-4300

1-800-888-4162

eap.cfsbny.org

Summary of EAP Benefits and Coverage



- 100% Confidential**
- No Cost to You—pre-paid by your employer**
- Benefits may be used by anyone in your household**

Benefit/Service	Description	Cost to You
Counseling		
Face to face appointments with an EAP counselor	<ul style="list-style-type: none"> • Individual, couples or family counseling • Up to 4 sessions per concern • Day and evening appointments available • Many convenient locations • Referrals to other professionals and community resources 	\$0.00
24/7 Crisis Counseling Hotline		
	If you are experiencing a non-emergency concern, call our general number to receive assistance from a Master's level counselor at anytime. For emergencies, dial 911 directly.	\$0.00
Work-Life Services		
Consultation and referral assistance for work-life concerns	<ul style="list-style-type: none"> • Nutrition Services • Financial Services • Smoking Cessation • Child Care Consultation • Elder Care Consultation • Legal Consultation • Mediation and Conflict Resolution <p>For additional information on work– life services, see the back of this handout.</p>	\$0.00
Workplace Services		
Workplace Services EAP provides regular opportunities for personal enrichment	<ul style="list-style-type: none"> • Seminars • Trainings • Monthly employee newsletters 	\$0.00