

Employee Assistance Program



***Professional *Confidential *Free**
Services for Employees and Household Members

Counseling and Coaching Services

- Daytime or evening sessions
- In-person or telehealth
- Solution-focused support
- Referrals to other professional resources

Work-Life Services

Consultation and referral assistance

- Nutrition
- Childcare
- Elder Care
- Tobacco Cessation
- Mediation
- Conflict Resolution
- Financial
- Legal

24/7 Counseling Support Hotline

Call 716-681-4300 for support from a Master's level counselor at anytime.
For emergencies, dial 911 directly.

For Confidential Service:

716-681-4300
| eap.cfsbny.org |



Learn More About EAP Services

24/7 support 716-681-4300

Request Services



Counseling



Work-life



*Watch this short
orientation video!*



Contact us directly! 716-681-4300
| eap.cfsbny.org |