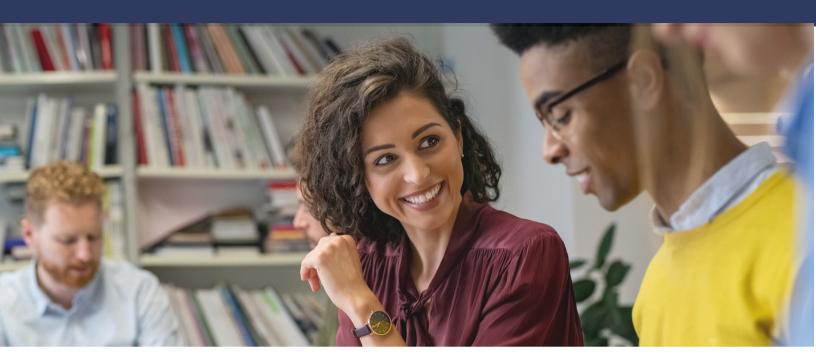
# **Employee Assistance Program**





\*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.** 



## **Learn More About EAP Services**

24/7 support 716-681-4300

## Request Services





### Counseling







Watch this short orientation video!



