

## Employee Assistance Program

Personal connection. Professional care.



### For Employees and Household Members



#### When work gets overwhelming.

- Counseling and coaching for stress, relationships and change.



#### When life gets complicated.

- Help navigating legal, financial, eldercare, childcare, nutrition, mediation and other concerns.



#### When you need to talk with a professional now.

- 24/7 help from a licensed counselor.

**Call 716-681-4300**

For information and to connect with a Counselor anytime.

For emergencies, dial 911 directly.

