

c&fs EAP

Employee Assistance Program

2018 Benefits Reminder

In 2018, you may continue to take advantage of your no-cost Employee Assistance Program (EAP) benefit.

You and anyone in your household can receive FREE and CONFIDENTIAL consultation and counseling for a wide range of personal and family problems, including but not limited to:

- depression
- concerns about your children
- gambling problems
- concerns about caring for or supporting an ill or aging relative
- personal budgeting problems
- nutritional concerns
- marital difficulties
- alcohol and drug abuse
- work stress
- concerns or questions about child care options
- legal concerns
- smoking cessation

EAP has multiple, convenient office locations, and daytime as well as evening appointments are available in order to accommodate your work schedule. Visit the EAP website for a description of EAP Services and to request an appointment at EAP.cfsbny.org

- Click on Employees
- Your User Name is: **EAP4U**
- Your Password is: **716employee**



Contact EAP for more information or to make an appointment.

Buffalo/Erie County: (716) 681-4300

Outside of Erie County: (800) 888-4162

- **No Cost to You**
- **Confidential**
- **Covers anyone in your household, not just you**

Counseling

You are eligible to meet with an EAP Counselor for *up to four consultation visits per problem* at no cost to you. If your problem requires further or more specialized services, the EAP staff can refer you to other appropriate resources in the community. Your health insurance benefits may cover the cost of additional services required, and most agencies have sliding fee scales.

24/7 Crisis Counseling Hotline

If you are experiencing a non-emergency concern, call our general number to receive assistance at anytime. For emergencies, dial 911.

Work-Life Services

EAP will connect you to consultation and referral assistance for the following work-life concerns:

- Nutrition Services
- Financial Services
- Child Care Consultation
- Elder Care Consultation
- Legal Consultation
- Mediation and Conflict Resolution
- Smoking Cessation

Managerial Consultation

If you are having concerns over an individual employee and don't know how to handle the situation, you can reach out to EAP for a managerial consult to flesh out a more specific plan of action.