



*Mental health issues
only affect the
person who
experiences them.*

MYTH or FACT

MYTH

When someone experiences mental health issues, *many people are impacted*: the person who is suffering, their colleagues, their friends, and especially their loved ones. If someone you care about is struggling, *you can help*. If you are comfortable, ask them how they are doing, and use active listening skills to find out from them what is going on. Respect their privacy if they are not comfortable speaking with you. Above all, don't diagnose their issue yourself or tell them what to do. Support them as they decide what path is best for them. Let them know getting help is ok, and that *they are not alone*.

As part of your EAP benefits, you, anyone in your household, and your colleagues may receive up to four meetings in person with a Masters Level counselor. If you are experiencing a non-emergency concern, call our general number to receive assistance from a Master's level counselor at anytime.



Buffalo/Erie County: (716) 681-4300
Outside of Erie County: (800) 888-4162



Check out our website:
eap.cfsbny.org