

# c&fs EAP

Employee Assistance Program

Employee Assistance Program

SPECIAL EDITION

## RESOURCES FOR EMPLOYERS AND EMPLOYEES IMPACTED BY COVID-19

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#### **A Message from EAP**

Child and Family Services Employee Assistance Program is "open for business"!

Over the past week, circumstances have required that our EAP counselors and staff completely redesign how they do their jobs. The C&FS EAP team, without hesitation, stepped up to ensure that we would remain connected to you!

[Read more >>](#)

#### **Take Control of Your Emotional Health**

Here are some ways to get back into routine, and take control of your emotional health while proactively confronting these stressors.

[Read more >>](#)

#### **Social Distancing: Some Quick Tips**

A few weeks ago, no one ever heard of the term "social distancing" and now everyone is talking about it. But what exactly is it?

[Read more >>](#)

### **Call C&FS EAP to get Support for You and Your Household**

To use your benefit, contact EAP directly. Video and telephonic services available.

**(716) 681-4300**  
**1-800-888-4162**  
**[eap.cfsbny.org](http://eap.cfsbny.org)**

*For a PDF to share online or print and distribute,  
click below.*

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### **C&FS Trusted Resources (Links)**

*If you are experiencing an emergency and are in need of immediate assistance, please call 911 for police response. If you would like general information about resources in your community - call 211 or visit the [211 website](#).*

#### **COVID-19 Resources**

[Reliable, up-to-date COVID-19 information from the CDC](#)

**NYS COVID-19 hotline:** 1-888-364-3065

#### **Domestic Violence Resources:**

[Haven House](#) - Child and Family Services Domestic Violence crisis line: 716-862-HELP (4357) or contact the shelter at 716-884-6000

**National Domestic Violence Hotline:** Call 1-800-799-7233 or TTY - 1-800-799-7233

If you're unable to speak safely, you can [go online](#) or text LOVEIS to 22522.

#### **Local Mental Health Crisis Services Hotlines:**

**Erie County:** 716-834-3131

**Chautauqua County:** 1-800-724-046

**Niagara County Crisis Services:** (716) 695-23531

**Monroe County Crisis Services:**  
1-800-338-6467.

**Substance Abuse Resources:**

[Substance Abuse Mental Health Services Administration Bulletin](#)

[Online AA Resources](#)

[Online AA Speaker Series](#)

**Job Workforce Resources:**

[Workforce Guidance Information](#)

**Employment and Unemployment Assistance:**

**The Buffalo Employment and Training Center** will be offering remote (phone or video) counseling. To make an appointment call 716-856-5627(JOBS).

**Food Resources:**

[Emergency Food Assistance in Rochester](#)

[Emergency Food Assistance in Greater WNY](#)

**Parenting Resources:**

[How to Talk to children about COVID-19](#)

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**Forward this email**

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If you would like to take advantage of your EAP benefits, we're just a phone call away.  
Call (716) 681-4300 or visit our website at [eap.cfsbny.org](http://eap.cfsbny.org) to request an appointment.