

c&fs EAP

Employee Assistance Program

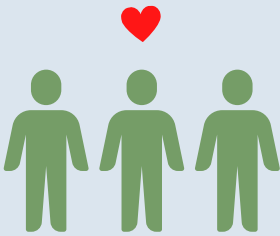
Summary of Benefits

Life doesn't stop while you are at a work. EAP will help you manage both.

Call 716-681-4300 or 800-888-4162

General Information

- 100% Confidential
- Employee sponsored benefit at no cost to you
- Available for anyone in your household



Counseling and Coaching Services

- Available daytime or evening
- Offered in-person or via telehealth
- Up to 4 sessions per concern
- Solution-focused support
- Referrals to other professional resources

Work-Life Services

Consultation and referral assistance

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



24/7 Crisis Counseling Hotline

If you are experiencing a non-emergency concern, call our general number to receive assistance from a Master's level counselor at anytime. **For emergencies, dial 911 directly.**

Contact Us Directly!

Call 716-681-4300

Visit eap.cfsbny.org