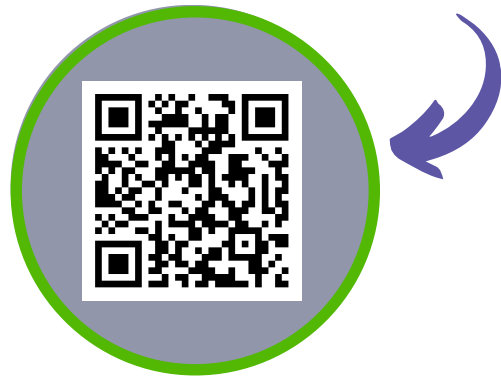


Learn More About Services

PROFESSIONAL-CONFIDENTIAL-FREE Service
24/7 support 716-681-4300



Request Services



Counseling



Work-life



*Watch this short
orientation video!*



Contact us directly! 716-681-4300

Summary of Benefits

PROFESSIONAL-CONFIDENTIAL-FREE Service

Counseling and Coaching Services

- Available daytime or evening
- In-person or telehealth
- Solution-focused support
- Referrals to other professional resources

Work-Life Services

Consultation and referral assistance

- Nutrition
- Childcare
- Elder Care
- Tobacco Cessation
- Mediation
- Conflict Resolution
- Financial
- Legal



24/7 Counseling Support Hotline

Call 716-681-4300 for support from a Master's level counselor at anytime.
For emergencies, dial 911 directly.

How we protect your information

By law we must document our interactions, and we do so carefully under the guidance of the Health Insurance Portability and Accountability Act (HIPAA) and all legal requirements.

Questions? Contact us directly! 24/7 support 716-681-4300

