

Employee Assistance Program

Personal connection. Professional care.



Confidential and at no
cost to you.



For Employees and Household Members



Support When You Need It

- Short-term Counseling, coaching, crisis response, and 24/7 in-the-moment support from licensed professionals.



Solutions For Everyday Life

- Legal, financial, childcare, eldercare, nutrition, mediation, smoking cessation and other practical work-life services.



Tools to Stay Well

- On demand webinars, tools, and resources that help people build skills and address concerns early.

Call 716-681-4300

For information and to connect with EAP anytime.

For emergencies, dial **911 directly.**



eap.cfsbny.org