Employee Assistance Program Awareness

Employee Assistance Program (EAP) can help you with workplace challenges as well as mental health, substance abuse, financial and legal issues and finding child or elder care opportunities; and much more.

The EAP coordinators at your agency are available to provide support, information, an assessment of your situation, and customized referrals to local resources to help you make the change you need in your life.

For information and resources for a variety of issues, contact your EAP coordinator at coordinator listing or call 1-800-822-0244.

WellNYS Everyday
goer.ny.gov/wellnys-everyday

Network Child Care Centers
goer.ny.gov/nys-network-child-care-centers

Pre-Retirement Planning
goer.ny.gov/pre-retirement-planning-information

Online Training and Webinars
www.achievesolutions.net/empireplan/resources

NYProjectHope.org
NYS Emotional Support Helpline
1-844-863-9314
8:00 a.m. - 10:00 p.m.
7 days a week

Work-Life Services (WLS) Programs are joint labor-management programs that benefit New York State employees by enhancing employee wellbeing, increasing productivity, and improving morale in the workplace. The WLS programs include the Employee Assistance Program, Network Child Care Centers, and DIRECTIONS: Pre-Retirement Planning. The WLS programs are funded through the collective bargaining agreements between the State of New York and the public employee unions: CSEA, PEF, UUP, NYSCOPBA, GSEU, Council 82, and DC-37. The Governor’s Office of Employee Relations contributes on behalf of management/confidential employees.