

# EAP CONNECTION

November 2021



**Employee  
Assistance  
Program**

**CONFIDENTIAL** assessment and referral services for NYS employees and their families at no cost

Contact your EAP Coordinator  
or call 1-800-822-0244  
[goer.ny.gov/eap](http://goer.ny.gov/eap)

## 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.



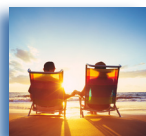
For information and resources for a variety of issues, contact your EAP coordinator at [coordinator listing](#) or call 1-800-822-0244.



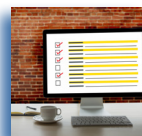
**WellNYS Everyday**  
[goer.ny.gov/wellnys-everyday](http://goer.ny.gov/wellnys-everyday)



**Network Child Care Centers**  
[goer.ny.gov/nys-network-child-care-centers](http://goer.ny.gov/nys-network-child-care-centers)



**Pre-Retirement Planning**  
[goer.ny.gov/pre-retirement-planning-information](http://goer.ny.gov/pre-retirement-planning-information)



**Online Training and Webinars**  
[www.achievesolutions.net/empireplan/resources](http://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.