

# EAP CONNECTION

April 2022



**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)

## Alcohol Awareness

According to the [National Institute on Alcohol Abuse and Alcoholism](#), more than 14 million adults have alcohol use disorder. There are a variety of ways to stop unhealthy drinking that include behavioral treatments, medications, and support groups. It is always helpful to start with your primary care doctor as a source for treatment referrals. Your doctor can also evaluate your drinking pattern and assist in developing a treatment plan.

The NYS Office of Addiction Services and Supports (OASAS) has a [treatment availability dashboard](#) to search for state certified outpatient or inpatient programs.

For 24/7 assistance with an alcohol issue, you can contact the NYS HOPE line at 877-846-7369 or text HOPENY (467369). For resources on dealing with alcohol addiction or any other issue, contact your EAP coordinator using the [coordinator listing](#) or call 1-800-822-0244.



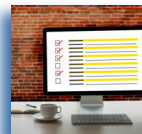
**[WellNYS Everyday](#)**  
[goer.ny.gov/wellnys-everyday](http://goer.ny.gov/wellnys-everyday)



**[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/directions-pre-retirement-planning-information](http://goer.ny.gov/directions-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 well-being, 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.