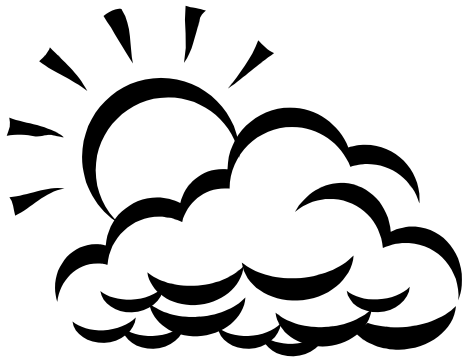


EAP

Employee Assistance Program



**Confidential
Professional**

**1-800-EAP-8764
315-471-1361**

**or visit us at:
www.eap.ocmboces.org**

What Is an Employee Assistance Program

Your EAP offers free, voluntary and confidential consultation and assistance to help you and/or your family members resolve difficulties that may be affecting your personal lives or job performance.

EAP services include initial evaluation and assessment, treatment planning, short-term counseling, referral and follow-up services. The EAP also provides workshops and information on a variety of wellness topics.

Why Use the EAP?

Anything that is causing difficulties in your personal life or work is appropriate for the EAP. You can talk with an EAP counselor about:

- ◆ *alcohol and/or drug use and abuse*
- ◆ *emotional problems (stress, anxiety, depression, etc.)*
- ◆ *marital and/or family conflict*
- ◆ *financial difficulties*
- ◆ *aging parents*
- ◆ *grief*
- ◆ *wellness*

...or anything else that is preventing you from being and doing your best. Remember, no issue is too small or too serious for you to seek assistance.

Who Will Answer My Call?

When you call the EAP you will speak with an EAP coordinator who is a caring professional. More importantly, they have been selected for their commitment to treat all with sensitivity, respect and concern.

What Costs Are Involved?

Services provided directly by your EAP are free of charge.

There are times when a referral to an outside resource is recommended by the EAP or requested by you. In these cases, you are responsible for the cost of those services. Your health insurance may cover some of these costs. Your ability to pay for additional services will always be considered when an outside referral is made.

How Confidential Is the EAP?

Your contact with the EAP is confidential to the fullest degree provided by law. Your involvement in the program is not disclosed to your employer or anyone else without your written permission. However, absolute confidentiality does not apply to child abuse, court orders, or threats to the safety of yourself or others.

How Do I Make an Appointment?

Call either of the phone numbers listed below to speak with an EAP Coordinator. An appointment will be scheduled at the earliest possible convenience. EAP Coordinators are also available for phone consultation and community resource information.

CALL

**1-800-EAP-8764
(315)471-1361**

www.eap.ocmboces.org

For Professional Confidential Help