24 hours a day, 7 days a week you can contact:

**NYS Employee Assistance Hotline:**
1-800-822-0244

**SUNY CANTON**

**EAP COMMITTEE MEMBERS:**

Tina Flanagan, Chair  
Jamie Burgess  
William Eggleson  
Brian Kurish  
Farren Lobdell  
Karen McAuliffe  
Janet Parcell-Mitchell  
Mary Rishe  
Lenore VanderZee

**EAP help. when you need it.**

**SUNY Canton**

**Tel:** 315-386-7404  
Payson Hall, Room 207  
34 Cornell Drive  
Canton, NY 13617  
eapcoordinator@canton.edu

Or, you can contact  
NYS Employee Assistance Hotline:  
1-800-822-0244  
24 hours a day/7 days a week
Confidentiality is paramount. The only exceptions are:

- When information is required by law;
- When a person is likely to harm him/herself or others;
- When a workplace rule is broken.

**What is EAP?**

EAP is a voluntary, confidential assessment and referral program that provides services as requested by employees. EAP is a benefit offered to you and your family members.

**It is a voluntary program designed to offer a highly professional, confidential source of help for people who need assistance with personal problems or concerns.**

**Services may include:**

- **Mental Health**—including Anxiety and depression
- **Relationship conflicts** (both at work or home)
- **Workplace Performance issues**
  - Gambling
  - Substance abuse
  - Grief
- **Health & Wellness**
  - Finances
  - Elder care
  - Parenting/Family
  - Domestic violence
  - Legal issues
  - Childcare
  - Stress management
  - Conflict/anger

EAP provides information, assessment & referral services and support for any of the above; not only for you but also for any of your family members!