SUNY CANTON
EAP COMMITTEE MEMBERS:

TINA FLANAGAN, CHAIR
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BRIAN KURISH
FARREN LOBDELL
KAREN MCAULIFFE
JANET PARCELL-MITCHELL
DAVID ROURKE
CHRISTINA SNELL
LENORE VANDERZEE

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

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

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.

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!