
"I am very grateful that this program was available to me. I think that it was very valuable to have this benefit for employees who need assistance with a problem."

Satisfied Client



"I feel very good about EAP. At a time in my life when I needed some help, they were there. The counselor that I spoke with was very understanding and made me feel better after the first visit. It's nice to know you are there if I ever need you again."

Gratified Client



HELP
FOR
YOU

AND
YOUR
FAMILY



Adirondack Employee
Assistance Program

559 Glen Street • Glens
518-793-9768 or

Falls, New York 12801
1-800-734-6072

Q**What is an Employee Assistance Program?****A**

An Employee Assistance Program (EAP) is an employer sponsored benefit providing short term counseling services to individuals and their families when personal concerns interfere with work performance, personal happiness, or good family relations. We are here to help you with any personal issues you may wish to discuss, including:

- Stress Management
- Alcohol or Drug Abuse
- Emotional Distress
- Marital or Family Conflict
- Financial Difficulties
- Workplace Conflict
- Anger Management
- Self Improvement

Your voluntary use of EAP's services is confidential to the fullest extent allowable by law. There is no charge for our services, because your employer pays a preset fee each year.

If you need specialized resources or longer term assistance, EAP will help you find additional resources best suited to your needs. In this event EAP will also help you identify the most cost-effective options available to you.

Q**Why Would I Use EAP?****A**

Everyone encounters situations in which an outside, objective viewpoint would be helpful. EAP provides a caring, professional atmosphere in a private setting where you can work out your problems effectively. And because we know how hard it can be to ask for help, we make access to EAP easy.

Q**How Can I Get Help?****A**

Just pick up the phone. You and members of your immediate family can call EAP directly at 518-793-9768, or 1-800-734-6072 if calling from outside the 518 area. Office appointments are available Monday through Friday, 9 a.m. to 5 p.m., and some evenings hours can be arranged. EAP crisis counselors are available 24 hours a day, seven days a week.

Q**Who Will I Be Talking To?****A**

EAP's Counselors are dedicated, caring professionals committed to treating each individual with respect. Each of our counselors has at least a master's degree in a human services field and a solid history of direct counseling experience.

Q**What If I Have More Questions?****A**

Give us a call at 518-793-9768, or 1-800-734-6072. We will be happy to answer questions or discuss any concerns you may have. Remember, contacts are confidential, and there is no charge to you for using EAP.

Q**Where Is EAP?****A**

Our main office is located in Glens Falls, New York. We also have affiliate offices near you for your convenience. If you have to travel a long distance, or if you have serious transportation problems, we can arrange to meet at another location.

