



315-470-7447
800-777-6110

NO COST • VOLUNTARY • CONFIDENTIAL



Do you struggle with...

Alcohol and Drug Issues **Depression** Anxiety & Panic Internet Addiction
Gambling **Addictions** Career Decisions Work/Life Balance **Workplace**
Issues Legal Referrals **Anger Management Skills** Financial Stress Conflict
Relationship Issues Blended Families Divorce/Separation **Family Stress**
Adolescent Issues **Parenting Challenges** Eldercare **Grief & Loss** Domestic
Violence **Physical & Sexual Abuse** Communication Barriers **Life Changes**
Health & Wellness **Stress Management**

HelpPeople EAP offers assistance to employees and immediate family members for today's problems. From face-to-face counseling and consulting sessions to telehealth options, customized referrals, supervisor and wellness training and 24-hour crisis support, HelpPeople is available to help you.

Our dedicated professional counselors are here for you.

helppeople-eap.org

HelpPeople is here for you.



HelpPeople EAP wants to inform you that our services are here to provide you with mental health support and counseling assistance for any personal or work-related stressor that you may be experiencing. This assistance is available to you and your immediate family. These services are sponsored by your employer and are provided at *no cost to you*.

Everyone can benefit from assistance with life's problems from time to time. **HelpPeople EAP** can offer an assessment, short-term counseling, a customized referral and consultation to you and your household members *confidentially*.

Common problems that are addressed at **HelpPeople** are:

- Marriage & family stressors
- Grief & loss
- Emotional problems
- Stress management
- Alcohol and substance use
- Workplace difficulties

To arrange a convenient in-person or telehealth appointment, simply call **HelpPeople** at **(315) 470-7447** or **1-800-777-6110**, weekdays from 8:30 a.m. to 5:00 p.m. If you need to speak with a counselor after 5:00 p.m., our 24-hour answering service will connect you with a **HelpPeople** counselor. Messages for our office may also be left with our service after 5:00 p.m.

Please feel free to give us a call during business hours if you would like to speak with a counselor over the phone. You will also find more information about our program and helpful articles by accessing our website, helppeople-eap.org.

We hope you will use **HelpPeople** when you need us. We are committed to your well-being.



OFFICE HOURS:
8:30 a.m. – 5:00 p.m. EST weekdays
Evening appointments available

Call us
(315) 470-7447 • (800) 777-6110

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