



WE'RE HERE TO  
HELP WHEN  
YOU NEED IT  
MOST.

**You and anyone in your household** can call EAP and receive FREE and CONFIDENTIAL counseling and consultation for a wide range of personal and work-related problems. Call us or log into our website for more information or to request an appointment.

**c&fsEAP**  
Employee Assistance Program



**CALL**  
**(716) 681-4300**

*Outside of Erie County:*  
**(800) 888-4162**

**VISIT**  
**WWW.EAP.CFSBNY.ORG**

*Telephonic, video and in-person  
services available*