



# Employee Assistance Program

## Summary of EAP Benefits and Coverage

EAP is 100% confidential and pre-paid by your employer. You and your dependents are covered by the benefit. To use your benefit you contact EAP directly at (716) 681-4300 or 1-800-888-4162

Benefit/ Service	Description	Cost
Counseling	Individual, couples or family counseling. The benefit covers 4 sessions per problem.	\$0.00
Referrals and Resources	Our counselors will connect you to other professionals and community resources.	\$0.00
Health Coach	Our Nutritionist is available for an in-person, telephone or email consultation to discuss your dietary, exercise and nutritional needs.	\$0.00
Personal Budgeting and Finances	Our financial partners help you understand, develop and manage your personal budget; initial consultation is provided via telephone.	\$0.00
Legal Assistance	Our network of local attorneys will provide a telephone consultation to assess your legal needs.	\$0.00
Elder Care	Help with Medicare, Medicaid, financing options for needed services; help identifying what type of care is needed for an ill or aging family member. These are some of the many things our partners can assist you with.	\$0.00
Childcare	Our partners will help you find daycare options and providers in your area.	\$0.00
Alzheimer's Care	Our partners are specialists in the field of Alzheimer's care and provide support services and specialized information via phone or email.	\$0.00
Mediation	Mediation is available to help employees resolve disputes; child support, visitation, custody, neighbor/neighbor, landlord/tenant, relationship and other interpersonal matters are some of the issues handled. Call for more information.	\$0.00

**NEW SERVICE!**

### Day and Evening Appointments Available

Monday 9-5                      Thursday 9-8  
 Tuesday 9-8                     Friday 9-5  
 Wednesday 9-8                Saturday 9-1

**An EAP consultant is available 24/7  
for urgent situations**

### Our Main office location is

1967 Wehrle Drive, Suite 9  
 Williamsville, NY 14221

**Call EAP for other office locations**