



TAKING THE STEPS TO SEEK ASSISTANCE



As you are deciding to take steps to seek assistance for issues that are affecting you professionally and/or personally, questions you might be asking are:

- ❖ **How can anyone help me?**
- ❖ **What should I expect?**
- ❖ **Where do I start?**

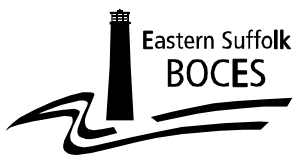
All of these questions are normal and relevant. These questions can take on a more powerful meaning when there is a sense of urgency and need, and can impact on the decision to get help.

Through neutral and confidential assistance, your Employee Assistance Program (EAP), can assist you by helping to:

- **Explore** fully the presenting concerns and the factors that are influencing your emotional, physical and mental well-being.
- **Clarify** the options available to address your specific needs.
- **Prioritize** the steps necessary to address and resolve your concerns.
- **Advocate** for quality and affordable assistance.

The **confidentiality** of every individual who uses the program is strictly upheld. The EAP acknowledges the right of all people to obtain quality, professional services in an environment that fosters respect, support and dignity. **Give us a call. We can help!**

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If you would like additional information regarding your EAP, you can call (631) 289-0480 or visit our website:

www.esboces.org/EAP

