



EMPLOYEE ASSISTANCE PROGRAM
1741D North Ocean Avenue, Medford, NY 11763-2649
154 Commack Road, Suite 210, Commack, NY
188 W Montauk Highway, Suite E1, Hampton Bays, NY 11946

website address: www.esboces.org/eap
(631) 289-0480
(631) 218-5445
(631) 728-2008

March 30, 2020

Dear EAP Stakeholder:

We wanted to reach out to you knowing that daily our collective lives are changing with many ever present unknowns. As we strive to cope with our new normal it is important to note that as this current crisis evolves many who previously were able to cope may find themselves overwhelmed and isolated. **EAP remains open; we stand ready to assist you and your family in maintaining your emotional wellbeing.**

Please note that the easiest way to get an immediate appointment is to call our office at 631-289-0480 between the hours of 8 am to 3 pm, Monday thru Friday. Evening appointments remain available Monday thru Thursday and are most easily scheduled and rapidly secured when you call us during the day for these appointments. Currently we are only providing phone and video chat counseling sessions for individuals who wish to access EAP counseling services. Both of these options are available for you to choose from.

Please direct your attention to the attachments sent with this letter as we believe that they are both practical and useful. Stay safe and remember to take the time to focus daily on what makes your life most worthwhile. We look forward to serving you.

Sincerest regards,

Mary Ellen Romano, LMHC, CEAP
BOCES EAP Program Supervisor