



Onondaga County Employee Assistance Program Services

*Help with life's
Challenges*

*A Go-To for Mental Health
& Substance Use Issues*

Promoting Wellbeing

What is HelpPeople Employee Assistance Program?

An Employer sponsored benefit

Help for any personal or workplace concern



- *Confidential*

- *No Cost*

- *Voluntary*


All employees and the household members covered



SERVICES



■ Counseling Services

- *Assessment* – Identifying the problem/validating the concern/Develop an action plan
- *Short-term counseling* – Implement short-term interventions
- *Customized Referral*  – Identify resources/ Assist in facilitating the referral

■ Training on Supervisory Issues and Wellness

■ Critical Incident Stress Management

■ On-site Bereavement Support

■ Consulting / Supervisory Referrals

COMMON REASONS FOR UTILIZATION



- **Marriage / family**

- Single parenting, blended families, eldercare

- **Emotional issues**

- Grief, Anger, Anxiety

- **Alcohol / Drugs**

- **Job / Career**

- **Stress Management**

....and much more



Available when help is needed!

HELPPEOPLE STAFF

- **Experienced and caring** in-house Masters level counselors with diverse clinical backgrounds, certifications and licenses
- **Broad knowledge and experience** in mental health and substance use disorder
- **In-house EAP counselors**
- **4 SAP's - Substance Abuse Professionals**
- **An intake counselor** who compassionately provides general guidance, and schedules appointments



WHAT HAPPENS WHEN YOU CALL HelpPeople?

- A counselor, will ask for your name, your Employer and a telephone number
- You may provide as much or as little information as you wish – all information is confidential
- The counselor will:



Listen, understand and provide support

- Schedule an appointment for you at your earliest convenience
- Provide traveling directions if appropriate
- **Call (315) 470-7447 or 1- 800-777- 6110**

OFFICE LOCATIONS & HOURS

Liverpool, NY: 890 7th North Street, Suite 203 - Monday-Friday, 8:30-5:00, evening hours Tuesday and Wednesday

Syracuse, NY: 330 James Street - Tuesdays-afternoon and evening, Wednesdays – afternoon & evening;

Fulton, NY: 98 North St. Suite #101- Thursdays-afternoon and evening

*** An EAP counselor can be accessed for urgent situations 24/7**

HelpPeople on the Web

You are invited to access our website at:

www.helppeople-eap.org



Information about HelpPeople, supervisor information, general life issues, and health & wellness

*Contact information is also available
On our Website.*

