

## Dear Onondaga County Employee:

Did you know that as a Onondaga County employee you and your same household family members can access professional counseling assistance for any personal or work-related problem at **no cost**? Everyone can benefit from assistance for the many challenges that are encountered in life.

**HelpPeople EAP** can offer an assessment, short-term counseling, and a customized referral to you and your household members **confidentially**.



The following is a list of common problems that are addressed at HelpPeople:

- Marriage / family issues
- Grief & loss
- Emotional problems
- Stress management
- Alcohol and substance use
- Workplace problems
- Nutritional Concerns

To arrange an in-person or virtual appointment in our Liverpool, Fulton or Auburn, NY office, simply call **HelpPeople** at **(315) 470-7447** or **1-800-777-6110**, weekdays from 8:30 am to 5:00 pm EST. Day and Evening appointments are available.

If you have an urgent need to speak with a counselor after 5:00 pm EST, our 24-hour answering service will connect you with a **HelpPeople** counselor.

Find more information about your EAP benefit and access our monthly wellness training schedule and on-demand courses by visiting our website, [www.helppeople-eap.org](http://www.helppeople-eap.org). Your member passcode for on-line education is: Cr0\$eHe@lth.



We hope you won't hesitate to contact us when needed. We'll be here to help you find your way.

Sincerely,  
The **HelpPeople** Staff