



To All Onondaga County Employees

Please remember that you and your household family members have access to HelpPeople EAP as a resource to assist you with personal and workplace concerns. We will provide support, a problem assessment, and short-term counseling or referrals to help you when needed.

HelpPeople is employer sponsored and therefore provided at **no cost to you**. All counseling and consultation services are also **confidential**. Your right to privacy is always respected.

How to Utilize Services

To schedule an appointment, simply call us at **315-470-7447** weekdays between 8:30am and 5pm or contact us by writing to us via our website at www.helppeople-eap.org. A 24-hour answering service is available after hours to take messages or connect you to a counselor for urgent matters.

Everyone can benefit from assistance from time to time. Please contact us with any questions or to schedule an appointment at your convenience.

View our additional resources online via our website: www.helppeople-eap.org

We're Here to Help

Relationship Issues
Grief and Loss
Depression
Anxiety
Eldercare
Life Changes
Alcohol & Substance Use
Anger Management
Work / Life Balance
Parenting Challenges
Health & Wellness
Gambling
Physical & Sexual Abuse
Divorce / Separation
Blended Family Issues
Financial Stress
Internet Addiction
Work Conflicts
Self-Esteem
Perfectionism
Life Decisions
Loneliness
Communication
Stress Management