

IF YOU NEED HELP WITH ANY OF THESE ISSUES:

- Trauma, personal or work related
- Relationship Issues
- Illness/Injury
- Addiction (Self or Family)
- Depression
- Traumatic Event
- Work Stress
- Line-of-Duty Injury
- Military Reintegration
- Supervisory Preparation
- Retirement Preparation
- Child with Special Needs
- Suicidal Thoughts
- Critical Incidents
- Off-Duty Incidents
- Outside Referrals
- Financial Concerns

Call the Employee Assistance Unit and we will offer a wide variety of assistance for all members of the Department.

INDIVIDUAL PEER COUNSELING

If life seems to be getting a bit too complicated for you, it often helps to get things off your chest. You can speak privately with an EAU team member, either in-person or by phone. After discussing your situation, we will work with you to come up with viable solutions. EAU will utilize all the tools at our disposal to help you improve your circumstances.

REMEMBER: the key to a swift solution is to address it at the earliest signs of trouble.



Employee Assistance Unit

The Employee Assistance Unit (EAU) is designed to assist Members of the Service who are experiencing personal and/or professional problems. The early identification and resolution of these problems can minimize the impact on a member's career or home life.

Referrals are accepted from fellow Members of the Service, unions and fraternal organizations, family, and friends.

Our unit is **NOT** a disciplinary arm of the department. Communications between EAU personnel and Members of the Service remain **CONFIDENTIAL**, EXCEPT in cases of criminality or suicidality.

EAU IS AVAILABLE 24/7 by phone or in person. Peer counselors will meet you, and care for you, where and how you are most comfortable.

If it's important to you,
it's important to us.

Employee Assistance Unit

90 Church Street
Suite 1209
New York, NY 10007
646-610-6730

Employee Assistance Unit

We're Here to Listen



REFERRALS

Our staff can assist you in finding internal and external resources for personal and family issues, such as couples' counseling, stress management, bereavement therapy, and help with alcohol/gambling addictions, to name just a few. Even if you are not sure if the Employee Assistance Unit is the right place for your situation, call anyway. We can put you in touch with the right support to get you where you want to be.

CRITICAL INCIDENT OUTREACH REFERRALS

Working in law enforcement can be a demanding job. Whenever rough moments arise, EAU counselors will reach out to all members involved to ensure you are coping appropriately with the situation. All discussions are handled confidentially with the primary goal of keeping you healthy and feeling supported.

EDUCATION

EAU staff regularly offers stress management trainings throughout the Department to better prepare you for challenging days. Whether it is at the beginning of your career, at orientation, a roll call, or in the field, you will eventually get a chance to hear from us in person. This is an opportunity to ask questions and learn how we can support you. It is also a good time to pick up a few coping strategies that may not seem important right now, but could become VERY useful for you or someone else in the future.

**SUPPORT IS
AVAILABLE 24/7
CALL ANY TIME
646-610-6730**

STAY MENTALLY HEALTHY BY FOLLOWING THESE SIMPLE SUGGESTIONS:

- 1 Connect with others.** Develop and keep strong relationships with people who will support you.
- 2 Play! Plan something fun!** Make time every day to enjoy something you really like to do. Be silly and laugh – laughter can recharge you.
- 3 Ask for help.** Everyone has the capacity to feel overwhelmed. Ask a friend, co-worker or mentor for help and advice.
- 4 Take care of yourself.** It's easier to feel happy if your body feels good. Exercise. Enjoy a good breakfast. Drink water, have a healthy snack and eat a balanced diet. Physical and mental health are tied together. Be good to your body.
- 5 Rest. Sleep restores both your mind and body.** Although it can be difficult to achieve an effective sleep schedule while working long hours and shift work, try to be consistent and achieve the highest quality sleep possible.

One hour before bedtime, refrain from using blue light devices such as computers, laptops, televisions and cell phones. Blue light before bedtime can interrupt the release of melatonin, and delay or disrupt the sleep cycle. If you have trouble sleeping, only lay in bed for ½ hour then get up and go into another room, or sit in a chair and read a book (avoid electronic devices) for ½ hour, then try to go back to sleep again.
- 6 Deal with stress.** Pay attention to what makes you stressed, where you feel it in your body, and how you react to it. This will help you to better manage your stress. Learn to express anger when it's "small" instead of allowing it to build. Relaxation breathing, yoga or meditation can help.
- 7 Think about today.** Too often we are thinking about the past or planning for the future instead of living in the present. Focus on living "in the moment." Outside, notice the sun or wind on your face, or feel your feet on the pavement. Inside, feel your body in the chair, or your feet on the floor. Make a real effort to be aware of the world around you today. It is important for your mental health.
- 8 Give back.** Volunteer for a cause or an issue you care about. Help out a co-worker, neighbor, or friend. Find ways to contribute. It can help you feel good about yourself and who you are in the world.
- 9 Challenge yourself.** Learn a new skill or set a difficult goal. Try something different, commit to fitness or healthy eating. Explore methods of self-care. Doing so will promote your overall wellness.
- 10 Try to consume less alcohol.** People often misuse or abuse alcohol to feel better, however this practice can have negative consequences.