



THE NYC EAP EMPLOYEE ASSISTANCE PROGRAM (EAP) IS HERE FOR YOU AND YOUR FAMILY MEMBERS.

WE CONTINUE TO OFFER SERVICES THAT ADDRESS:

- MENTAL HEALTH
- STRESS MANAGEMENT
- SUBSTANCE MISUSE
- SELF-CARE
- PSYCHO-EDUCATION
- REFERRALS AND RESOURCES

ALL SERVICES ARE FREE AND CONFIDENTIAL.

YOU CAN CONTACT US  
BY PHONE  
212.306.7660 OR  
EMAIL AT  
EAP@OLR.NYC.GOV TO  
SCHEDULE AN  
APPOINTMENT.

FOR MORE INFORMATION, YOU CAN VISIT OUR WEBSITE AT  
[NYC.GOV/EAP](https://nyc.gov/eap)