

THE NYC EAP IS HERE FOR YOU

We at the EAP want to offer our assistance and support to all of you who work so hard to support this city and all its residents. We care about you and your wellbeing, as we care about our own. To promote as much safety during this time we are abiding with the most recent guidelines to join in the efforts to slow the spread of COVID 19 down as much as we can by refraining from physical, in person visits. Therefore, at this time, we are offering all our services via **phone, text and/or video calls.**

The NYC EAP will be offering the same services it has offered in the past, and continue to promote stress management, mental health, self-care, education, referrals and resources to assist you and your family during this very difficult time.

We have expanded our hours **to 8am – 11pm Monday through Friday.** We will continue to reach out and expand our services as best we can.

HOW TO CONTACT THE EAP:

You can contact us by email at eap@olr.nyc.gov to schedule a phone, video or text appointment.

For more information, you can visit our website at nyc.gov/eap. Or call and leave a message at: **212-306-7660**

