

From: HCM Information

Sent: Friday, April 03, 2020 2:04 PM

To: HRA-Distribution-List <HRA-Distribution-List@hra.nyc.gov>; OCSE List <OCSEList@hra.nyc.gov>; Q-Office365UsersDHS <Q-Office365UsersDHS@hra.nyc.gov>

Subject: EAP Assistance Via Phone, Text and Video Chat

THE NYC EMPLOYEE ASSISTANCE PROGRAM (EAP) CARES ABOUT YOU

The staff of EAP is committed to offering their support to you, as you work so hard supporting all New Yorkers. While the EAP is abiding to social distancing guidelines and currently are not having in-person visits, they are available to you and offering all their services via text, phone and/or video calls. EAP will continue to promote stress management, mental health, self-care, education, referrals and resources to assist you and your family during this very difficult time.

EAP has also expanded their hours and are available for appointments using these aforementioned methods *Monday through Friday from 8:00 am to 9:00 pm*. Whether it is for information, counseling, or a connection amidst social distancing please reach out during this time using one of the following methods:

- Call and leave a message at: 212-306-7660
- Email: eap@olr.nyc.gov

For more information, you may visit the EAP website at www.nyc.gov/eap.

Supervisors and location heads are encouraged to post the attached flyer at your locations where essential staff are working.