

# **Stony Brook University Employee Assistance Program**



# About EAP

- EAP is committed to improving your well-being and the general work environment by offering a variety of services.
- We listen to you, evaluate your situation, and offer guidance around personal, family or work issues.
- In certain cases, we may refer you to another professional who specializes in your specific concern.
- Our program is voluntary and confidential. We serve faculty, staff, family members, retirees, FSA and GSEU employees.
- EAP is a jointly sponsored New York State labor and management program established in 1985.
- We provide early intervention and prevention services and administer the Hardship Fund and Welcome Program.

# Personal/Family

- Addictions
- Adolescence
- Anxiety
- Child Care
- Credit
- Depression
- Eldercare



- Financial
- Grief/loss
- Parenting
- Relationships
- Stress
- Substance Abuse
- Violence

# Work

- Career
- Change
- Conflict
- Impairment
- Return to work
- Work stress



# Early Intervention Services

For the Individual	For the Supervisor	For the Organization
Information and consultation	Management consultation	Consultation on workplace policies
Assessment and referral	Supervisory Training	Critical Incident Stress Management
Supportive follow-up	EAP Orientation	

# Prevention Services

Training	Education
Lunchtime Learning workshops	Lending Library
On-site workshops per request of a department	Web site ( <a href="http://www.stonybrook.edu/eap">www.stonybrook.edu/eap</a> )
EAP Orientation for new employees	<i>The Frontline Supervisor</i> monthly newsletter
Supervisory workshops	Health and Wellness Fairs



# Welcome Program for New Faculty & Staff

Stony Brook University is committed to helping you make the transition to the campus and our community.

We have a Welcome Program comprised of faculty and staff volunteers who are ready to assist newcomers with information and resources about living on Long Island and working at the University.

The Program seeks to match our new hires with a volunteer who is familiar with their needs. Some of our volunteers have relocated to the area while others are lifelong Long Islanders.

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To sign up for the Welcome Program complete the questionnaire in our brochure or on-line. [www.stonybrook.edu/welcomeprogram](http://www.stonybrook.edu/welcomeprogram).

If you have any questions about the program, you may contact Donna Buehler via e-mail at [dbuehler@notes.cc.sunysb.edu](mailto:dbuehler@notes.cc.sunysb.edu) or phone (631) 632-6085.

# Contact Information

- (631) 632-6085
- Web Site - [www.stonybrook.edu/eap](http://www.stonybrook.edu/eap)
- E-mail - [eap@notes.cc.sunysb.edu](mailto:eap@notes.cc.sunysb.edu)
- Offices -
  - West Campus Office - Rm. 140 Old Chemistry Bldg.
  - East Campus Office -Level 5 SBMC adjacent to Blood Bank