

REFERRAL SERVICES



The University at Buffalo Employee Assistance Program (EAP) can assist you and your family with issues that are affecting your relationship with family, friends, supervisors, or co-workers. Resolution is possible if identified and treated early. The EAP can help you deal with numerous issues including:

- Depression
- Life changing events
- Grief and loss
- Eldercare
- Problem drinking and drug abuse
- Anxiety and panic disorders
- Child behavior problems
- Single parenting concerns
- Marriage or adult relationships
- Parent-child relationships
- Stress (work-related, anxiety, self-esteem issues)
- Adjustment following divorce

UB'S EAP



LIVING A BALANCED LIFE

Wellness is a dynamic process involving the harmony of physical, emotional, spiritual, social, intellectual, occupational, and environmental well-being. It enables individuals, families, and communities to function to the best of their ability within their environment.

**EAP Office
156 Parker Hall
Buffalo, NY 14214**

UNIVERSITY AT BUFFALO



Employee Assistance Program

A resource for you and your family

- Referral Services
- Wellness Programs

156 Parker Hall, Buffalo NY 14214
Office Hours: Monday – Friday 8:30 AM –
4:30PM or by appointment

EAP Administrator

Deborah A. Hard 716-645-5000, ext. 1007

EAP Coordinators

Valerie T. Williams 716-829-2231

Neil McGillicuddy (at 1021 Main St) 716-887-2498

EAP Website: eap.buffalo.edu

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E M P L O Y E E A S S I S T A N C E P R O G R A M
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NEW YORK STATE, NYSCOPBA, PEF, RESEARCH FOUNDATION, UB, UB FOUNDATION, UUP

*It's Time to
Discover Your Possibilities*



VISION AND MISSION

UB's Employee's Assistance Program (EAP) is dedicated to provide you and your family with accessible resources to balance work and home life. We offer confidential referral services and wellness programs designed to effectively promote and support healthy lifestyle choices.



ANONYMOUS REFERRAL SERVICES

All information gathered, including the fact that you have even come to the EAP, will be kept confidential. This is in compliance with professional ethical codes and state and federal laws. EAP also complies with current federal regulations in accordance with the Health Insurance Portability and Accountability Act (HIPAA).



PERSONAL WELLNESS

The University at Buffalo is committed to helping employees better their personal physical and mental health through educational programming. Programming includes topics of supervision, exercise, meditation, stress management, as well as additional programs. Learn more at EAP's website:

eap.buffalo.edu