

# EAP CONNECTION

August 2021



## Employee Assistance Program

**CONFIDENTIAL** assessment and referral services for NYS employees and their families at no cost

Contact your EAP Coordinator  
or call 1-800-822-0244  
[goer.ny.gov/employee-assistance-program](http://goer.ny.gov/employee-assistance-program)

### The Benefits of Being Outdoors



The summer season gives us a wonderful opportunity to spend time outdoors and enjoy nature with friends and family. Spending time outdoors can reduce stress, provide more mental clarity, create an occasion for exercise and boost your vitamin D levels, which is essential for your health. When spending time outdoors, you should use sunscreen, dress for the weather, stay hydrated, know where you are going, and make sure to let others know where you are going too.

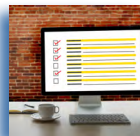
[NYS Parks](#) offers you many outdoors options to golf, hike, camp, boat, swim, fish, or go on a picnic with friends. It is important to take the time to become more active this summer and enjoy the outdoors in any way that you can.

For additional information about your outdoor options, as well as other issues, contact your EAP coordinator at [coordinator listing](#) or call 1-800-822-0244.



#### WellNYS Everyday

[goer.ny.gov/wellnys-everyday](http://goer.ny.gov/wellnys-everyday)



#### Online Training and Webinars

[www.achievesolutions.net/empireplan/resources](http://www.achievesolutions.net/empireplan/resources)



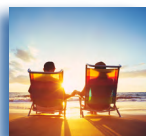
#### Network Child Care Centers

[goer.ny.gov/network-child-care-centers](http://goer.ny.gov/network-child-care-centers)



#### NYProjectHope.org

NYS Emotional Support Helpline  
1-844-863-9314  
8:00 a.m. - 10:00 p.m.  
7 days a week



#### Pre-Retirement Planning

[goer.ny.gov/pre-retirement-planning-information](http://goer.ny.gov/pre-retirement-planning-information)



## Work-Life Services

Work-Life Services (WLS) Programs are joint labor-management programs that benefit New York State employees by enhancing employee wellbeing, increasing productivity, and improving morale in the workplace. The WLS programs include the Employee Assistance Program, Network Child Care Centers, and DIRECTIONS: Pre-Retirement Planning. The WLS programs are funded through the collective bargaining agreements between the State of New York and the public employee unions: CSEA, PEF, UUP, NYSCOPBA, GSEU, Council 82, and DC-37. The Governor's Office of Employee Relations contributes on behalf of management/confidential employees.