

EAP CONNECTION

September 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

Suicide Awareness and Prevention

According to the CDC, suicide is the second leading cause of death among people aged 10 to 34 and the tenth leading cause of death in the U.S. The suicide rate has increased by 35 percent since 1999. Here is what you can do to help a friend or family member who is experiencing emotional pain.



Also, the following resources are available 24/7 to help anyone struggling with suicide:

[National Suicide Prevention Lifeline](http://www.suicidepreventionlifeline.org)
www.suicidepreventionlifeline.org
1-800-273-8255

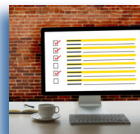
[Veterans Crisis Line](http://www.veteranscrisisline.net)
www.veteranscrisisline.net
1-800-273-8255, press 1

[Crisis Text Line](http://www.crisistextline.org)
www.crisistextline.org
Text "HOME" to 741741

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



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



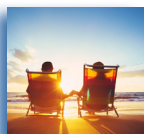
[Online Training and Webinars](http://www.achievesolutions.net/empireplan/resources)
www.achievesolutions.net/empireplan/resources



[Network Child Care Centers](http://goer.ny.gov/network-child-care-centers)
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](http://goer.ny.gov/pre-retirement-planning-information)
goer.ny.gov/pre-retirement-planning-information



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.