

# EAP Programs

Programs and support groups that focus on personal and professional well-being are offered throughout the year. For example, healthy eating, music for relaxation, Wellness for the Holidays, smoothie days, and handcraft groups.

Customized workshops can be presented to a department on topics ranging from wellness at work to stress management.

To access these offerings, contact Susan Murphy to have your name added to the EAP listserv or visit the web site at [fredonia.edu/eap](http://fredonia.edu/eap).

EAP also provides orientations and training for all employees, managers, supervisors, and union representatives on benefits and use of EAP.

## Introducing your Coordinator!

*Susan Murphy*



*Susan has a masters degree in counseling from Alfred University.*

Because the coordinator is part-time, please call or email Susan for an appointment to be sure she is available when you come to see her. Details on her schedule are on the SUNY Fredonia EAP web site.

Please feel free to share your ideas on EAP programming and participate in wellness activities on campus!

**Contact Information:**  
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**[fredonia.edu/eap](http://fredonia.edu/eap)**

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“When we are no longer able  
to change a situation  
we are challenged  
to change ourselves.”

-Victor Frankl



SUNY Fredonia EAP

*Practical help . . .  
from people  
you trust*

**EAP**

Employee Assistance Program



*EAP is here to offer assistance during difficult times.*

## **What is EAP?**

**SUNY Fredonia provides an Employee Assistance Program (EAP)** for all employees, retirees, and their families. It is a free and voluntary service that provides:

- Assessment
- Problem solving
- Referrals to resources
- Consultation
- Return to work meetings

## **EAP may help you achieve positive outcomes in response to . . .**

- Addictions
- Alcohol abuse
- Campus-wide crisis
- Career development
- Child care needs
- Cyber addictions
- Drug abuse
- Elder care issues
- Financial problems
- Gambling
- Grief and loss
- Legal matters
- Life-changing events
- Mental health issues
- Physical health needs
- Relationship difficulties
- Retirement planning
- Stress management
- Veterans issues

*(Your coordinator will assist you in determining the nature of your problem and linking you with an appropriate referral.)*



### **Confidentiality >>>**

**Any contact with EAP is confidential within the limits established by law.**

### **EAP Services >>>**

Employees or family members experiencing problems are referred to qualified community providers. The program seeks to address problems that are affecting an employee's productivity.

EAP is most successful if employees seek assistance during the early stages of their problems. With early intervention and treatment, they can maintain productive employment and personal relationships can be salvaged. The program enhances morale and fosters good employee relations. Other employees may also benefit by being part of a safer, more productive workforce.