



EMPLOYEE ASSISTANCE PROGRAM

We help you feel better so
you can achieve a healthy
work/life balance

Your free EAP benefit includes:

**100% confidential mental health counseling
for you and your family**

No co-pays and not tied to insurance

**Available to individuals, groups or couples
on first day of employment**

In-Person, Phone and Virtual Appointments

**Exclusive, free access to our online EAP
wellness portal**

Accessible anytime, anywhere

We are here to help you!

Call: (800) 729-6822

At CFLR EAP, we understand it can be hard to navigate life's challenges

Our highly-trained staff can help you with virtually every problem you might face, including:

Stress and Anxiety Management

Work-Related Concerns

Grief and Loss

Alcohol and Substance Use

Family and Eldercare Concerns

Divorce and Relationships

Child and Adolescent Issues

Financial Problems

Best of all, it's free and confidential!

Get Help Now:

(315) 733-1726

(800) 972-6688 (After-Hours)

eap@cflrinc.org

SCAN BELOW



TO ENTER THE
EAP PORTAL

To access the portal's helpful resources, please request an access code from your HR rep

whenthereshelpthereshope.com/eap-portal