

# New York State Thruway Authority / Canal Corporation Employee Assistance Program Coordinators

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## **What is EAP and What Can It Do For You?**

The Employee Assistance Program (EAP) can be of assistance to employees, retirees and family members of the NYSTA and Canal Corporation who experience personal difficulties due to stress, anxiety, or depression caused by parenting, marital, financial, legal and substance abuse problems.

EAP is **completely confidential** and no information can be released without a signed consent form from you, except as prescribed by law and in cases of child abuse, a threat of harm to self or others, or as ordered by a court of law.

Employees can use any EAP Coordinator within the NYSTA or you may use any State EAP Coordinator. For a listing of them please visit [www.worklife.state.ny.us/eap](http://www.worklife.state.ny.us/eap)

EAP is a voluntary choice: you may decide to just come and talk, or a family member, friend co-worker, or supervisor may recommend or suggest participation. EAP can provide a listening ear, help in identifying problems at the earliest possible stage, motivate you to seek further help and provide information and referral to agencies and services that can help you.

EAP Coordinators at the Thruway Authority/Canal Corporation have been trained in Critical Incident Stress Management, in addition to numerous other mental and physical health topics. In the event of a critical incident (accident, act of violence, untimely death of a co-worker, etc.), contact your EAP coordinator immediately. They can help arrange a Critical Incident Stress Debriefing, a Grief & Loss Session, or one-on-one support. EAP is ready to help!!

Additional information may be found at the [NYS Employee Assistance Program website](http://www.worklife.state.ny.us/eap)  
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