

Need help coping with stress?

Free, short-term counseling is available.

Juggling the demands of life, work, and family can become overwhelming. The **UR Medicine Employee Assistance Program (EAP)** is a confidential resource to help you.

EAP offers short-term assistance to resolve personal or work-related problems. As an employee, you can attend up to five free sessions with our team. During your sessions, we'll evaluate your situation and help you develop a plan of action to overcome these challenges.

Our Services

EAP can help you with a number of concerns, including:

- Consultation for supervisors to assist with employee/team challenges
- Coping with change
- Crisis intervention for individuals who have experienced trauma
- Money management workshops and resources
- Personal relationship stressors
- Screenings for depression, anxiety, and substance abuse/addiction
- Wellness workshops and training

Provider Networks and Referrals

We have access to a broad network of providers to ensure you receive the help you need. If your situation requires more than the limited number of visits we offer, our team will help you find another resource to continue your care.

Patient Privacy

We value your privacy. Visits with our office are completely confidential according to state and federal guidelines.



For Appointments, please call
(585)475-0432 or Toll Free
1-888-764-3456

Locations:

MAIN OFFICE
496 White Spruce Boulevard
Rochester, NY 14623

SATELLITE OFFICE
Strong West
156 West Avenue
Brockport, NY 14420

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Day and evening hours available.