

# Should I call ?



**Free** to you and anyone living in your household.

**Confidential** - The only people besides the EAP that know you are coming are the people you tell or give us written permission to tell.

**Flexible** - Flexible hours, locations in Downtown Rochester and Henrietta.

**Experienced Staff** - Master's level Counselors

**Assessment and Referral** - We will assess your needs with you and help you develop a plan to resolve issue

## Common reasons people visit the EAP:

### **Stress and Time Management**

- Relaxation Tools
- How to structure your life so it works
- Presentations

### **Work**

- Difficulty with co-workers
- Conflict with supervisor
- Preparing for the Interview
- Performance Appraisals
- Job Readiness

### **Grief**

- Loss of family/friend
- Miscarriage
- Co-worker
- Retirement
- Downsizing

### **Couples**

- Preparation for marriage
- Preparation for 2<sup>nd</sup> marriage or beyond
- Preparation for separation
- Preparation for divorce

### **Child/Eldercare**

- How it works
- What is available

### **Financial**

- Budgeting
- Debt Counseling

### **Depression Anxiety**

### **Teens**

- Conflict
- Homework ideas
- Power struggles
- Drugs and Alcohol

- Communication
- How to disagree better
- After an affair
- Falling out of love



**Call us today to set up an appointment.**

### **EAP Personal Advantage Website:**

**<https://eaprochester.personaladvantage.com>  
Username: monroecounty Password: county**



**585-546-3617 or 800-327-7784**