

SUNY Downstate Health Sciences University



DOWNSTATE
HEALTH SCIENCES UNIVERSITY



The 21st Century at the SUNY Downstate Health Sciences University brings renewed dedication to diversity in healthcare, healthcare education, and to serving the people of Brooklyn through our three-fold mission of education, research, and patient care.

Resources & Information

WellNYS Everyday
Wellness Tip and
challenges

www.worklife.ny.gov

EAP Frontline Newsletter

Education Videos

Services

Resources

[EAP Website](#)



Help is just a phone call away.

For more information:
Magda Alliancin, EdD
EAP Coordinator
Employee Assistance
Program (EAP)
718-270-1489

Call 800-822-0244 (available 24/7)

Employee Assistance Program (EAP)



SUNY Downstate Health Sciences University

“Navigating Through Work & Life Transitions”

One of the basic premises of Employee Assistance Programs is: Life is seamless. Meaning, we often bring our work problems home, and we often bring our personal problems to the workplace. When we enter our offices, we cannot and do not separate ourselves from our private lives. Therefore, whatever is occurring in our lives outside work, will have an impact on our work performance. This impact can be temporary short-lived, or it can be more troublesome, leading to a longer period of possible disruption to our work efforts.



About the Employee Assistance Program

The Employee Assistance Program (EAP) is a worksite-based program designed to help State employees deal with everyday issues involved in balancing work and life.

EAP is a confidential program for employees and their families that provide assessments, education, information and referrals to help with work related and/or personal problems. EAP services are provided at no cost. If a referral is needed, every effort will be made to assist

employees in obtaining services that are coordinated with their health benefits.

Magda Alliancin, EdD

Coordinator

Employee Assistance Program (EAP)

718-270-1489

[EAP Website](#)

Call 800-822-0244 (available 24/7)

EAP Services

- Work adjustment/difficulties
- Emotional problems
- Domestic Violence
- Wellness programs
- Job performance problems
- Child care and elder care
- Work related stress
- Grief/ loss counseling
- Family Issues
- Alcohol and drug abuse
- Critical Incidence
- Financial concerns
- Legal problems



**Employee
Assistance
Program**