

# EAP CONNECTION

September 2021



**Employee Assistance Program**

**CONFIDENTIAL** assessment and referral services for NYS employees and their families at no cost

Contact your EAP Coordinator  
or call 1-800-822-0244

[goer.ny.gov/employee-assistance-program](http://goer.ny.gov/employee-assistance-program)

## Suicide Awareness and Prevention

According to the CDC, suicide is the second leading cause of death among people aged 10 to 34 and the tenth leading cause of death in the U.S. The suicide rate has increased by 35 percent since 1999. Here is what you can do to help a friend or family member who is experiencing emotional pain.

Also, the following resources are available 24/7 to help anyone struggling with suicide:

[National Suicide Prevention Lifeline](http://www.suicidepreventionlifeline.org)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

1-800-273-8255

[Crisis Text Line](http://www.crisistextline.org)

[www.crisistextline.org](http://www.crisistextline.org)

Text "HOME" to 741741

For additional information about suicide prevention services, as well as other issues, contact your EAP coordinator at [coordinator listing](#) or call 1-800-822-0244.

**5 Action Steps for Helping Someone in Emotional Pain**

 <b>ASK</b> "Are you thinking about killing yourself?"	 <b>KEEP THEM SAFE</b> Reduce access to lethal items or places.	 <b>BE THERE</b> Listen carefully and acknowledge their feelings.	 <b>HELP THEM CONNECT</b> Save the National Suicide Prevention Lifeline number 1-800-273-8255.	 <b>STAY CONNECTED</b> Follow up and stay in touch after a crisis.
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[www.nimh.nih.gov/suicideprevention](http://www.nimh.nih.gov/suicideprevention)



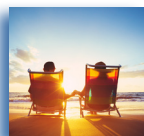
[WellNYS Everyday](http://goer.ny.gov/wellnys-everyday)

[goer.ny.gov/wellnys-everyday](http://goer.ny.gov/wellnys-everyday)



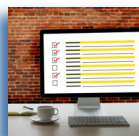
[Network Child Care Centers](http://goer.ny.gov/network-child-care-centers)

[goer.ny.gov/network-child-care-centers](http://goer.ny.gov/network-child-care-centers)



[Pre-Retirement Planning](http://goer.ny.gov/pre-retirement-planning-information)

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[Online Training and Webinars](http://www.achievesolutions.net/empireplan/resources)

[www.achievesolutions.net/empireplan/resources](http://www.achievesolutions.net/empireplan/resources)



[NYProjectHope.org](http://NYProjectHope.org)

NYS Emotional Support Helpline

1-844-863-9314

8:00 a.m. - 10:00 p.m.

7 days a week



Work-Life Services (WLS) Programs are joint labor-management programs that benefit New York State employees by enhancing employee wellbeing, increasing productivity, and improving morale in the workplace. The WLS programs include the Employee Assistance Program, Network Child Care Centers, and DIRECTIONS: Pre-Retirement Planning. The WLS programs are funded through the collective bargaining agreements between the State of New York and the public employee unions: CSEA, PEF, UUP, NYSCOPBA, GSEU, Council 82, and DC-37. The Governor's Office of Employee Relations contributes on behalf of management/confidential employees.