



Mental Health First Aid



February

**Visit your home page starting
February 19th:**

TOLL-FREE:

866-649-2392

COUNSELING:

800-445-3569

607-763-6474

WEBSITE:

www.nyuhs.org/eap

USERNAME:

CVCSD

PASSWORD: employee

**WHATEVER YOU NEED,
WE ARE HERE TO HELP.**

Just call or log on to get started.

ONLINE SEMINAR

Being equipped to be able to respond to peers and support co-workers in a manner that is helpful is an important emotional health skill. An employee may hear news of a recent bereavement of a family member, and look to their teammates for support in the workplace.

The goal of this session is to develop and train employees to provide emotional support to co-workers who are facing individual emotional concerns.

Your Employee Support Program is available 24/7 to help with your and your co-workers' emotional health needs.

If you do not know your sign-on information, please call:

607-763-6474.