

*Here for you
when you
need it!*

Exclusive Online Portal

**Ask your HR representative for
your log-in credentials*

➤ *EAP Information*

➤ *Health and wellness news*

➤ *Mental health and personal
growth articles*

24/7 Support Line

*After Hours help and support
available when you need it!*

Call:

1-800-729-6822

Appointment Card

Date: _____ Time: _____

Office Location: _____

***If you are unable to keep your
appointment please call our toll
free number as soon as possible:
1-800-729-6822*



*Are you ready
to take your
life back?*

To book your appointment or
ask any questions contact us at:



1-800-729-6822



www.whenthereshelpthereshope.com



eap@cflrinc.org



@WhenTheresHelpTheresHope



How can our

**EMPLOYEE
ASSISTANCE
PROGRAM**

*Help enhance
your life?*

WWW.WHENTHERESHELPTHERESHOPE.COM



Get to know the Center for Family Life and Recovery:

The Center for Family Life and Recovery (CFLR) is here to help our clients achieve a healthy work/life balance by supporting positive mental health, stress management techniques, and providing confidential counseling.

What is the Employee Assistance Program (EAP)?

We offer FREE, confidential counseling services for you or your household family members. Together we can:

- Assess what role counseling can play in your life
- Create a plan of action specifically tailored to your needs
- Connect you with local resources that can further your mental health journey

Comprehensive Mental Health Services including:

- Work related concerns
- Mental health related issues including depression, anxiety, etc.
- Alcohol and substance use problems
- Grief and bereavement
- Family and relationship concerns
- Problems handling stress or burnout
- Child and adolescent issues

*****All counseling sessions are confidential*****



Counseling that fits your needs!

- Options for in-person, telephonic, or video appointments
- Individual, couple, family, and group therapy options
- Multiple locations for your convenience

SYRACUSE:
5900 North Burdick Street
East Syracuse, NY 13057

UTICA:
502 Court Street, Suite 401
Utica, NY 13502

ROME:
201 West Dominick Street
Rome, NY 13440

HERKIMER:
205 N. Washington Street
Herkimer, NY 13350



CENTER FOR
FAMILY **life**
AND **RECOVERY**
WHEN THERE'S **HELP**, THERE'S **HOPE.**