



**SERVICES AVAILABLE**

**COUNSELING SERVICES**

**5 FREE SESSIONS PER FAMILY**  
for you or any member of  
Your family proved by only Li-  
censed Mental Health  
Counselors

**FINANCIAL COUNSELING**

Let us help you put a Financial  
Plan in place.

**LEGAL CONSULTATION**

Up to a half hour consultation  
via phone with an attorney for  
any issue other than labor  
issues.

**FAMILY SERVICE OF THE CHAUTAUQUA REGION,  
EMPLOYEE ASSISTANCE PROGRAM**  
Offered FREE by your employer.

What is an EAP,? An Employee  
Assistance Program is an employ-  
ee benefit offered by the employer  
and is intended to help employees  
deal with personal problems that  
might adversely impact their work  
performance, health and well being.

\*COUNSELING CAN HELP!!

\*ONE CALL DOES IT ALL

\*TOTALLY CONFIDENTIAL

\*ITS FREE TO YOU OR ANY MEMBER OF  
YOUR FAMILY

\*716-488-1971

Use your EAP to work through those  
personal or work related issues that  
may leave you stressed or tired.

- ⇒ Marital or Relationship issues
- ⇒ Family or Child –Related Problems
- ⇒ Grief or Loss
- ⇒ Eating Disorders
- ⇒ Substance Abuse
- ⇒ Work related problems
- ⇒ Fear— Anxiety—Depression

FAMILY SERVICE OF THE CHAUTAUQUA REGION, INC.

332 EAST FOURTH STREET. JAMESTOWN, NY, 14701

1-888-358-3899

WWW.FSCRMENTALHEALTH.COM/EAP