

## EAP Locations

### WEST CAMPUS

Frank Melville Jr. Memorial Library, room W-0505.  
Our office is located on the lower level next to the Office of Sustainability.

**PARKING:** The office can direct you to the EAP Reserved Parking Space located to the west of Frey Hall.

### EAST CAMPUS

Stony Brook Medicine, Level 5, Room 556.  
The office is situated along the main corridor, just off the hospital lobby, next to the Patient Advocacy Department and across from the Admitting Department.

**PARKING:** Hospital or Health Sciences parking garages



**Stony Brook University**

## Employee Assistance Program



**Stony Brook  
University**

# EAP

## Help When You Need It

The Employee Assistance Program at Stony Brook University is a *confidential* assessment, referral and consultation service available at no cost to faculty, staff, graduate student employees, retirees and their dependents.

*Understand. Empower. Connect.*

## Assessment and Referral

The **Employee Assistance Program (EAP)** provides access to appropriate professional or community resources to help individuals dealing with a wide range of work and life concerns, including:

- marital problems
- family problems
- alcohol and substance abuse
- emotional health issues
- domestic violence
- grief and bereavement
- workplace stress
- legal problems
- financial problems
- childcare issues
- eldercare issues

## Supervisory Consultations

EAP offers confidential consultations to supervisors who would like assistance in referring an employee to EAP or in managing departmental issues. Coordinators can assist supervisors in developing an appropriate plan to assess departmental or individual issues and provide referral resources where appropriate. To schedule a supervisory consultation please call the EAP office at 632-6085.

## Critical Incident Response

A critical incident is defined as an extraordinary event that significantly and negatively impacts one or more employees. A critical incident may happen inside or outside the workplace.

Critical incidents include but are not limited to:

- large scale natural disasters (floods, hurricanes, etc.)
- employee fatalities
- workplace violence
- accidents that impact the workplace environment
- significant illness of a co-worker

In the event of a critical incident, EAP can provide outreach, make referrals to appropriate community resources, and share educational materials to ease stress and assist the area to recover and return to a stable and productive work environment. If you believe your department would benefit from critical incident response services, please contact the EAP office to schedule an assessment.

## Accessing Services

Because EAP services are voluntary, *you* must initiate first contact. You can do that by connecting with the Employee Assistance Program office by phone or email. An EAP coordinator will call you to schedule an appointment. To learn more about EAP, visit the website: [stonybrook.edu/eap](http://stonybrook.edu/eap)

### CONTACT

EAP Coordinators: Colleen Stanley, MFT, CEAP and  
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