

EAP CONNECTION

May 2022



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
oer.ny.gov/eap

Mental Health Stigma

Many people with mental health issues struggle with the negative effects of stigma. They have been either blamed for their condition, told to just try harder, or have been discriminated against because of fear, false beliefs, and misinformation. These negative associations with mental illness can cause people to feel ashamed and may prevent them from seeking the help they desperately need. We all can do more to address this important issue.



The [National Alliance on Mental Illness](#) suggests ways to overcome stigma:

- Speak up about your own mental health issues
- Express equality between physical and mental illnesses
- Educate yourself and others
- Be language conscious
- Show compassion for people with mental health issues

The [Mental Health Association of New York State](#) offers a training on mental health and wellness that addresses the stigma of mental illness.

For resources related to mental health or any other issue, contact your EAP coordinator using the [coordinator listing](#) or call 1-800-822-0244.



[WellNYS Everyday](#)
oer.ny.gov/wellnys-everyday



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



[Network Child Care Centers](#)
oer.ny.gov/nys-network-child-care-centers



[NYProjectHope.org](#)
NYS Emotional Support Helpline
1-844-863-9314
8:00 a.m. - 10:00 p.m.
7 days a week



[Pre-Retirement Planning](#)
oer.ny.gov/directions-pre-retirement-planning-information



Work-Life Services (WLS) Programs are joint labor-management programs that benefit New York State employees by enhancing employee well-being, 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, DC-37, and PBANYS. The Office of Employee Relations contributes on behalf of management/confidential employees.