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Memo to: All WCSD Employees

Re: Employee Assistant Program

Many of you may not realize that a gem of a program is available to assist all WCSD employees through difficult times and that's our Employee Assistance Program. This program is administered through The WorkPlace Employee Assistance Program at MidHudson Regional Hospital of Westchester Medical Center, the same organization that provides our school physician services. The EAP provides free confidential assessments, information, and referral Services to all WCSD employees and their immediate family members. You do not have to be covered by District health insurance to take advantage of the services of EAP.

EAP's 24-hour a day crisis line is staffed by a trained counseling professional. But EAP is not just there for emergencies. EAP is also there for you when you or immediate family members are dealing with:

- family relationship issues
- stress
- substance dependency
- financial issues
- legal issues
- elder care issues
- work-related issues
- or when you just need someone to listen.

You may contact the 24-hour EAP Crisis Line at 1-800-724-0917 or, during regular Business Hours, you may reach the EAP at 845-483-5150.

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