



These are challenging times....but there is help.

Mather Hospital and Northwell Health offers a confidential employee counseling/consulting service designed to help resolve problems that have an impact on life at work and home.

EAP can help you with a wide range of issues that can create considerable stress in your life, including:

- Spousal/family issues
- Substance/alcohol overuse
- Loss and grief
- Stress, anxiety, sadness
- Elder and childcare issues
- Domestic violence issues
- Manager/subordinate conflict
- Victim of workplace violence.
- Anger/harassment issues at home or work
- Fear of job loss
- Too much/too little sleep
- Eating too much/not enough

Services are free and available 24/7.

EAP: 877-EAP-4 YOU (877-327-4968)

PRN: 866-454-3280