

# LOWER HUDSON VALLEY E.A.P.

3505 HILL BOULEVARD - SUITE A  
YORKTOWN HEIGHTS, NY 10598-1283  
LOWERHUDSONVALLEYEAP.COM

TEL. (914) 245-6300  
FAX (914) 245-3673  
1-800-EAP-2799  
LHVEAP@OPTONLINE.NET

L.U. 601



A-NOT-FOR PROFIT CORPORATION

## HELPING MEMBERS AND THEIR FAMILIES SINCE 1984

Dear Union Member and Family:

There are many benefits for you and your family to utilize during the year. One benefit that has helped many of our brothers and sisters who have problems and are in crisis is:

### LOWER HUDSON VALLEY EMPLOYEE ASSISTANCE PROGRAM

How does our E.A.P. work? We are a union sponsored program that helps members and their families with almost any personal or family problem. We offer voluntary and confidential help from licensed counselors who have vast experience in dealing with all types of issues. Our goal is to get people assistance as soon as possible in order to lower stress and help you function better in your personal life and career.

Elder care  
Substance Abuse  
Marriage Problems  
Financial Pressures

Drinking Problems  
Anxiety/Depression  
Legal Problems  
Children Issues

Personal Loss  
Anger Management  
Health Issues  
Job Stress/Burnout

When you call Lower Hudson Valley E.A.P., our professionals will help you identify and evaluate your situation. Often a simple phone call can alleviate stress and direct you to needed union friendly services. If you or a family member is experiencing any of life's difficulties or have any other questions or concerns, please give us a call.

We have been assisting union members and their families to find solutions to their problems for over 30 years. They are thankful they finally reached out for help. Remember – You aren't alone – others have walked in your shoes!

"WE'RE HERE TO HELP!"

Fraternally,

Dr. Michael W. Popp, Ph.D.

Program Director

"We're Here To Help"

