



Your Employee Assistance Program

- **How much will it cost?**

Free!

- **Who qualifies for EAP services?**

- Employees and Family Members!

- **EAP Services**

-Nutritional Counseling

-The Behavioral Workshop

-Success and Life Coaching

-Monthly MENTOR Newsletter

-Smoking Cessation Program

-Premier Partner Services

-Legal and Financial Support

-Solution Focused Counseling Services

-Senior Care Services

-Phone-Based Supportive Counseling
and Crisis Services

To speak with a representative of Capital EAP, please call (518)465-3813 ext. 117. Questions may be answered over the phone or over Zoom if preferred.

(518) 465-3813

www.capitaleap.org