



Stony Brook  
University

# EMPLOYEE ASSISTANCE PROGRAM

## What Can EAP Do For You?

- **Assess** your specific needs
- **Support** with professional guidance and resources
- **Refer** you to specialized services tailored to your specific situation



*Appointments Available by:*  
Phone • Virtual • In-Person

## Scan to Book an Appointment with EAP!



Your EAP team is here and ready to help you navigate life's challenges, both big and small. Because when you thrive, our entire Stony Brook community thrives too!



## Connect with us Today!



[www.stonybrook.edu/eap](http://www.stonybrook.edu/eap)



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