

Everyone Needs Help Sometimes



Adolescent issues
Anger management skills
Anxiety and panic
Blended families
Budgeting & credit problems
Child development
Conflicts in relationships
Daily life stressors
Depression
Divorce
Domestic violence
Eating disorders
Eldercare
Family & parenting issues
Gambling
Grief and loss
Health/wellness issues
Internet addictions
Developing assertiveness skills
Legal referrals
Life changes
Marriage separation
Misuse of alcohol & drugs
Physical or sexual abuse
Single parenting
Smoking cessation
Stress management
Value clarification
Working families
Workplace change

FREE • VOLUNTARY • CONFIDENTIAL

HelpPeople is an Employee Assistance Program offered by your employer as a benefit that provides professional assistance when personal problems affect your job, your life or the lives of your loved ones.

Counselors are available to listen, understand and provide support.

Everyone Needs Help Sometimes

That's Where HelpPeople™ Can Help You

When You Have a Problem

HelpPeople is an Employee Assistance Program that provides free, voluntary, confidential assistance when personal problems affect your job, your life or the lives of your loved ones.

Maybe you're not sure what's bothering you. HelpPeople can help identify your problem and resolve it.

Help for You and Your Family

No one goes through life without problems. Most of the time you get through them on your own, but sometimes you need help. That's why employers provide HelpPeople for you and your family.

Your Privacy is Protected

No one will know if you contact HelpPeople.

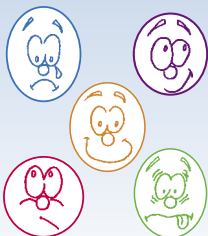
How to Contact HelpPeople

A wallet card with important HelpPeople information is attached. Simply tear it off. While we hope your life is trouble free, we also hope you'll use HelpPeople service if you need them.

Call anytime (315) 470-7447 • (800) 777-6110

HelpPeopleSM
Employee Assistance Program

600 East Genesee Street
Syracuse, NY 13202
www.crouse.org/helppeople



OFFICE HOURS: 8:30 a.m. to 5:00 p.m. weekdays • Evening appointments available