



(716) 645-4461

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buffalo.edu/eap

EA CONSULTANTS

Susan Bagdasarian
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EAP OFFICES

156 Parker Hall
110 HRD
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OFFICE HOURS

Monday – Friday
8:00 am – 5:00 pm
Early or late appointments
by request

SPONSORED BY:

FSA, CSEA, GSEU,
M/C, PBANYS, PEF, RF,
UB, UBF, UUP



University at Buffalo

Employee Assistance Program



**Your well-being is
important.**



**Contact us regarding
any concern
impacting your life.**

A close-up photograph of a hand holding a small white rectangular sign. The sign has the words 'CONFIDENTIAL CONTACTS' printed on it in blue, bold, capital letters. The background is a blurred blue and white.

**CONFIDENTIAL
CONTACTS**

Your privacy is respected.
Information shared with
UB EAP is treated
confidentially.

For more information
contact us:

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Here

FOR YOU.

All UB employees, retirees, and their families can get free, voluntary and confidential assistance.

- Information
- Assessments
- Problem-solving
- Referrals to resources
- Supervisory consultations
- Return to work meetings
- Mediation

Live well and work well.

Here

YOU GROW.

Register for programs & support groups that focus on your **personal** and **professional** well-being.

Learn more:
buffalo.edu/eap



To customize or present workshops for *your* department, contact us:

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Here

YOU GET HELP.

Feeling *distracted, angry, overwhelmed, anxious or unproductive?*

Get help related to **any concern** including:

- Addictions
- Career/Retirement
- Child/Elder Care
- Critical Incident
- Financial/Legal
- Grief and Loss
- Life-changing Events
- Mental /Physical Health
- Relationships
- Stress Management
- Veterans' Issues
- Workplace Issues