



**CONFIDENTIAL  
CONTACTS**

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

For more information  
contact us:

(716) 645-4461

[UB-EAP@buffalo.edu](mailto:UB-EAP@buffalo.edu)



(716) 645-4461

[UB-EAP@buffalo.edu](mailto:UB-EAP@buffalo.edu)

**EA CONSULTANTS**

Susan Bagdasarian  
Neil McGillicuddy

**EAP OFFICES**

Townsend Hall  
1021 Main Street

**OFFICE HOURS**

Monday – Friday  
8:30 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**



Your well-being is  
important.



Contact us regarding  
*any concern*  
impacting your life.

# 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

# Here

## YOU GROW.

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

Learn more:



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

(716) 645-4461  
[UB-EAP@buffalo.edu](mailto:UB-EAP@buffalo.edu)

# 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