
Employee Assistance Program

The Employee Assistance Program (EAP) is an employer-paid benefit which provides employees with 24/7, free and confidential support services designed to help the employee and/or their immediate family with any issues, concerns or problems affecting their lives.

Office appointments are available:

Monday – Friday, 9:00 am to 5:00 pm, with evening and weekend hours available for your convenience.

EAP crisis counselors are available 24 hours a day, 7 days a week.

Eligibility – All employees.

Adirondack EAP and Capital EAP are working together to meet the needs of our employees during this stressful time.

The EAP Counselors are dedicated, caring, and experienced professionals qualified in addressing a number of issues. **They are there to help you, or your eligible family members, with any personal or work-related issues you may wish to discuss, including (but not limited to):**

- Stress Management
- Alcohol or Drug Abuse
- Emotional Distress
- Marital or Family Conflict
- Financial Difficulties
- Workplace Conflict
- Anger Management
- Self-Improvement
- Legal Issues/Referrals
- Parenting
- Compulsive Behaviors
- Eating Disorders
- Adjustment Issues
- Loss and Grief

Company Information:

559 Glen Street
Glens Falls, NY 12801

p: 1-800-734-6072 or 518-793-9768

w: <http://www.adkeap.com/>

Overview of EAP Brochure:

http://saranet/EmployeeCenter/Benefits/_layouts/15/WopiFrame2.aspx?sourcedoc=/EmployeeCenter/Benefits/Shared%20Documents/Overview%20of%20EAP%204.1.19.docx&action=default

EAP Brochure:

<http://saranet/EmployeeCenter/Benefits/Shared%20Documents/Employee%20Assistance%20Program/Employee%20Assistance%20Program%20Information.pdf>

Adirondak EAP

Serving Warren, Washington, & Saratoga County

w: <http://www.adkeap.com/>



SARATOGA HOSPITAL

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