

If You Need Help with Any of These Issues:

- Trauma
- Relationships
- Domestic problems
- Bereavement/Loss
- Depression
- Suicidal ideation
- Financial issues
- Career choices
- Medical issues
- Anything else

The Employee Assistance Unit (EAU) offers a wide variety of assistance for all members of the department. Staffed by both uniformed and civilian peer counselors, EAU is prepared to assist you with both basic issues and complex problems whether work-related or personal.

Individual Peer Counseling

If life seems to be getting a bit too complicated for you, it often helps to get things off your chest. You can speak privately with an EAU team member, either in-person or by phone. After discussing your situation, we will work with you to come up with viable solutions. EAU will utilize all the tools at our disposal to help you improve your circumstances.

REMEMBER: the key to a swift solution is to address it at the earliest signs of trouble.



Employee Assistance Unit

The Employee Assistance Unit (EAU) was designed to assist members of the service that are experiencing personal problems. The early identification and resolution of these problems can minimize negative impact on their career or home life.

Referrals are accepted from fellow members of the service, unions and fraternal organizations, family and friends.

Our unit is **NOT** a disciplinary arm of the department. Communication between EAU personnel and members of the service remain confidential, **EXCEPT** in cases of serious misconduct and suicidal behavior.

The Unit's members are available weekdays from 0700-2100 hours. In emergency cases during non-business hours unit members will be contacted and will respond.

Employee Assistance Unit

90 Church Street
Suite 1209
New York, NY 10007
(646) 610-6730

Employee Assistance Unit

We're Here to Listen



Referrals

Our staff can assist you in finding internal and external resources for personal and family issues, such as couples' counseling, stress management, bereavement therapy, and help with alcohol/gambling addictions, to name just a few. Even if you are not sure if EAU is the right place for your situation, call anyway. We can put you in touch with the right people to get you back on track.

Critical Incident Outreach Referrals

Working in law enforcement can be a demanding job. Whenever rough moments arise, our trauma response team will reach out to all involved to ensure you are coping with the situation. All discussions are handled confidentially with the primary goal of keeping you healthy.

Education

EAU staff regularly offer stress management orientations throughout the department to better prepare you for those not-so-good days. Whether it is Recruit School, In-Service, or Unit Training, you will eventually get a chance to hear from us in person. This is your opportunity to ask questions and see how we operate. It is also a good time to pick up a few tips that may not seem important right now, but could become VERY useful for you or someone close to you in the future.

Support is available 24/7

Call Any Time
(646) 610-6730

Stay mentally healthy by following these simple steps:¹

1. **Connect with others.** Develop and keep strong relationships with people who will support you.
2. **Play! Plan something fun!** – Make time every day to enjoy something you really like to do. Be silly and laugh – laughter can recharge you.
3. **Ask for help.** Everyone hits bumps in the road. Ask a friend, co-worker or teacher for help and advice.
4. **Take care of yourself.** It's easier to feel happy if your body feels good. Exercise. Enjoy a good breakfast. Drink water, have a healthy snack and eat a balanced diet. Physical and mental health are tied together. Be good to your body.
5. **Rest.** Sleep restores both your mind and body. Aim for 7 hours of sleep at least. Go to bed and get up at a regular time each day. One hour before bedtime turn off your phone and computer. Take some time to relax and wind down from your day. If you have trouble sleeping, only lay in bed for ½ hour then get up and go into another room, or sit in a chair and read a book or watch TV (no computer or phone as the blue light can keep you awake) for a ½ hour, then try to go back to sleep again for a ½ hour.
6. **Deal with stress.** Pay attention to what makes you stressed, where you feel it in your body, and how you react to it. This will help you to better manage your stress. Learn to express anger when it's "small" instead of allowing it to build. Relaxation breathing, yoga or meditation can help.
7. **Think about today.** Too often we are thinking about the past or planning for the future instead of living in the present. Focus on living "in the moment." Outside, notice the sun or wind on your face, or feel your feet on the pavement. Inside, feel your body in the chair, or your feet on the floor. Make a real effort to be aware of the world around you today. It is important for your mental health.
8. **Give back.** Volunteer for a cause or an issue you care about. Help out a co-worker, neighbor, or friend. Find ways to contribute, it can help you feel good about yourself and who you are in the world.
9. **Challenge yourself.** Learn a new skill or set a difficult goal. Try something different, commit to fitness or a healthy eating goal, learn to cook something new, or learn a new computer skill. Learning improves your mental fitness.
10. **Drink less alcohol and avoid all other drugs.** Sometimes people misuse alcohol and other drugs to feel better, but, alcohol and other drugs can make problems worse.