



**Unlocking Potential
Empowering Minds
Uplifting Communities**

Your Employee Assistance Program

Helping employees and their families manage life's challenges - at work, at home, and beyond.

What is Employee Assistance? A no-cost, private support service available to all eligible members and their families. Whether you're dealing with stress, a family issue, or need someone to talk to we're here for you.

- ✓ Short-term counseling (in-person & virtual)
- ✓ Stress, anxiety, grief, and emotional wellness
- ✓ Substance use & recovery support
- ✓ Family, parenting, and relationship help
- ✓ Workplace concerns, balance & burnout
- ✓ Referrals to in network, vetted providers



Reach out to
inquire &
schedule an
appointment.



(631) 851-1295



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[LECSA.org](https://www.lecsa.org)

Your privacy is protected at every step.

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