



HUMAN RESOURCE DIRECTIONS

EMPLOYEE ASSISTANCE PROGRAM

Human Resource Directions is pleased to offer the following services:

- ◆ Personal issues you would like to address
- ◆ Unresolved depression, anxiety or anger
- ◆ Adjustment to loss from illness or death
- ◆ Alcohol and substance abuse treatment
- ◆ Relationship counseling and mediation
- ◆ Divorce and related custody/family issues
- ◆ Help with financial and legal problems
- ◆ Coach for individual plan accountability
- ◆ College readiness for high school children
- ◆ Career coaching for you and your family

THIS BENEFIT IS FULLY PAID FOR BY THE COMPANY. THERE ARE NO CO-PAYS.
THE PLAN INCLUDES UNLIMITED VISITS FOR YOU AND YOUR ENTIRE FAMILY.

HRD staff are available day or night. Call 315-525-1370 or 315-790-0523
and we will schedule an appointment at one of our convenient locations:

- ◆ Main Office: 46 Genesee Street, New Hartford
- ◆ In Rome: 143 W Dominick St, United Way Office
- ◆ In Herkimer: 420 East German Street, Herkimer
- ◆ Remote phone or Skype counseling at any time.

ALL SERVICES CONFIDENTIAL
315-525-1370 or 315-790-0523