



DID YOU KNOW?

Employee Assistance Program

*Free and confidential
short-term counseling
for you and your
immediate family*

Business Office Contact Information

Kate Heath, *Business Administrator*
P: 607-533-3020 X4002
Karen Hradisky, *Payroll Coordinator*
P: 607-533-3020 X4005
Melissa Ferris, *Purchasing Clerk*
P: 607-533-3020 X 4004
Mara Mitchell, *Finance Clerk*
P: 607-533-3020 X 4006

The Lansing Central School District is partnered with the Family and Children's Service of Ithaca as part of the Employee Assistance Program (EAP).

Services Provided:

- Free and confidential counseling
- For faculty, staff and immediate family members

Common Reasons to see a therapist:

- Depression, stress, grief
- Workplace issues/stress
- Traumatic experiences
- Issues with relationships

Lansing Central School District will not know if you use this service, as it is simply a resource we provide for our staff.

Using the Employee Assistance Program is simple:

1. Call FEI Behavioral Health to enact the EAP session (1-800-638-3327)
2. After authorization of EAP, you will be transferred to Family and Children's Services of Ithaca
3. Schedule an appointment
4. Attend free and confidential sessions

For more information about services provided you can visit www.wheretoturn.org

For questions about EAP you can contact the Business Office, or to remain confidential, contact the EAP Service Coordinator at 607-273-7494 or askeap@fcsith.org