

# Colgate University

## Experience You Can Trust

## Employee Assistance Program

# Colgate University

For further information or to make a private  
and confidential appointment call

(315) 451-9293

This program has been designed by Family Services Associates and Colgate University with you and your family in mind. It is private, confidential, and free for up to six visits based on clinical determination. If further sessions are required, your health insurance and coinsurance will be utilized.

All information is strictly confidential and not shared without written permission.



Therapists

**Colleen B. McSweeney**  
LCSW, ACSW

**James R. McSweeney**  
DCSW, LCSW, CASAC



Sponsored By:  
Colgate University  
Human Resources Department  
13 Oak Drive  
Hamilton, New York 13326  
(315) 228-7411

Services Provided By:

**Family Services Associates, Inc.**

58B Utica Street

Hamilton, New York 13346  
(315) 451-9293

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## What is the Employee Assistance Program?

Your Employee Assistance Program is a confidential service provided by Colgate University to benefit employees and their immediate family members by providing confidential short-term and solution-focused therapy. The program is administered by Family Services Associates, one of the most experienced and respected counseling firms in Central New York.

## Why was the program created?

Colgate University recognizes its employees as its most valuable asset. Good mental health is as important as good physical health, and the program is designed to help you with a wide range of issues; from relationship and family concerns, to anxiety, depression, substance abuse, stress, grief and even financial or legal issues. Whatever is troubling you, you don't have to face it alone.



## Who is eligible to use the EAP?

A benefit eligible employee, employee's immediate family member, or a dependent living with an employee may call for assistance. There is no need to sign up, as an employee you are automatically enrolled.

## Why Call?

You or your family member will receive



information and support by talking to a licensed professional who is non-judgmental and who will listen to your concerns, offer encouragement

and advice, and assist in helping you create solutions to challenging problems.

## What can I expect when I call?

Your call will be received by one of the therapists at Family Service Associates. They will arrange for you to either talk with them on the phone or, if you prefer, to schedule a personal appointment.

## What kind of assistance is available?

Your counselor will help you clarify your concerns and assist you in identifying strategies to address the issues identified. You may utilize up to **six visits at no charge**. If more visits are necessary, arrangements may be used to continue counseling or a referral may be made.

## Is contact with my EAP confidential?

YES! We understand how important privacy is when it comes to subjects like these. No information is provided to anyone or any organization without your written consent. \*

\* In accordance with federal and state law, and professional ethical standards.

## What kind of concerns can I talk about?

- Marriage, relationships or family life
- Stress management
- Substance Abuse
- Work/life balance
- Anger/Depression
- Anxiety
- Work-related issues
- Legal/financial issues
- Any personal concern