

Practice self-care
Be kind to each other
Take 5 minutes to relax

Let a NYC EAP Counselor help you BREATHE

Check out
our stress relief
videos in English,
Spanish, Creole,
Mandarin & Urdu.



<https://vimeo.com/showcase/6975351>

EAP

you talk, we **listen.**

Touch-base with an EAP
Counselor: email: eap@olr.nyc.gov
or leave a message: 212.306.7660