



EAU FACT SHEET

Employee Assistance Unit

90 Church Street, Suite 1209 / New York, NY 10007

646.610.6730

1 Confidential

Consultations with the EAU are confidential and no records are maintained. You can meet or speak to an EAU Peer Counselor on job time or your own time, in their office, over the phone, or an off-site location of your choosing.

2 NOT Disciplinary

The EAU is part of the Health and Wellness Section and IS NOT affiliated with the disciplinary units of the NYPD. Using the services provided by the EAU WILL NOT adversely affect your career.

3 Available 24/7

The EAU is available 24/7 for consultation with both uniformed and civilian members of the service. When the office is closed someone will still answer your call.

4 Private Location

The EAU office is in an off-site location, ensuring as much privacy as possible when members of the service seek to speak to an EAU Peer Counselor:

90 Church St, Suite 1209, NY, NY.
646.610.6730

5 Peer Support

EAU Peer Counselors are not licensed therapists but are uniformed and civilian members of the service in various ranks trained in the field of Crisis Intervention, and other areas, to provide peer support.

6 Referrals

You can contact the EAU on your own behalf, or for another member of the service. The EAU can take referrals from coworkers and supervisors. Peer Counselors will follow up on all referrals received.

7 Follow up

EAU Counselors can follow up with you. They will be involved as much or as little as you require and you can contact your Peer Counselor as often as necessary.

8 Resources

EAU Peer Counselors can assist you or a member of your family in finding external professional resources for personal or job related stressors that are adversely affecting your life. This ensures your privacy, confidentiality, and eventual return to your "normal".

9 Critical Incidents

The EAU responds in person to both on and off duty critical incidents. Peer counselors can help you navigate the aftermath of traumatic events and manage the stress associated with the experience.

10 Seminars

The EAU presents a variety of informational seminars throughout the year. Topics range from Emotional Wellness training to caring for your aging parents. The EAU encourages suggestions for future seminars .

11 Therapy Dogs

The EAU now has Therapy K-9's, Jenny, Glory, and Piper, who provide comfort and affection at critical incidents, rolls calls, and debriefings. Members of the service are encouraged to interact with and pet them.

