

UB employees or students need support or services for dealing with unusual stress or stressors?

- Contact the [Employee Assistance Program](#) (EAP) for confidential consultation or one-on-one meetings at no charge to UB employees. EAP provides referrals to specialists and/or general information on how to help manage personal and/or work-related concerns.
- Navigate to the [Help/Support](#) website hosted by the Office of the Vice President for Student Life for information on student counseling services and other support services.