From: County Executive (WEB) <CEO@westchestercountyny.gov>
Sent: Wednesday, July 19, 2023 10:42 AM
To: County Executive (WEB) <CEO@westchestercountyny.gov>
Subject: New Employee Assistance Program

George Latimer
County Executive

July 19, 2023

Dear Colleagues,

Since I first took office as County Executive in 2018, the health and wellness of every Westchester County employee has remained at the forefront of my mind. Life gets hard, and I want to make sure each of you is making your own self-care and well-being a top priority.

Beginning on August 1, we will be rolling out a new **Westchester County Employee Assistance Program (WCEAP).** As you know, your WCEAP provides free and confidential counseling and referral services for a wide range of concerns, including mental health issues, parenting and family stresses, traumatic events, eldercare support, financial counseling, childcare, loss and grief services and more. **Through UMR/Optum, WCEAP will be expanding its offerings and accessibility, making help available to you 24 hours a day, seven days a week via phone, online and text.**

Included in your WCEAP benefits for yourself, your spouse and your family members at no additional cost to you are the following services:

- Unlimited telephonic access to licensed counselors
- Up to three one-on-one sessions, per issue, per year, with a licensed counselor, either in person, virtually, or text-based therapy
- Talkspace Mobile App
- Financial coaching from experts
- Legal counseling and mediation services
- Self-Care: a self-paced digital program that can help members with worry, stress and mood

- Access to **www.liveandworkwell.com** member website offering self-serve resources such as provider search, personalized member navigation, wellness articles, assessments, legal and financial tools and more

To get started, call 855-205-9185 or sign into liveandworkwell.com, with company access code: westchester. More information about these services can be found on liveandworkwell.com, and on the **Westchester County Employee Intranet.**

The WCEAP will still be providing the same services it always has, such as Management Consultation, Supervisory and Wellness Trainings, and Critical Incident Response and Intervention. You can continue to contact the WCEAP at 914-995-6070 or via email at **WCEAP@WestchesterCountyNY.gov**

WCEAP and Optum should not be used for emergency, or urgent care needs. In a true emergency, call 911 or go to the nearest emergency room.

We will be hosting a conversation table in the lobby of MOB1 on July 25 and 27 from 12 to 2 p.m. to answer any questions you may have. This support system will be there for you when you need it – no appointments necessary.

Thank you, and be well.

Sincerely,

George Latimer

Westchester County Executive