



UR Medicine EAP
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(585) 276-9110

Website:
urmc.rochester.edu/EAP

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(\$3#XUPF URFKHVWHU HGX

1PXFS PG \$POTJTUFODZ

8QGHUVWDQGLQJ WKH SRZHU RI FRQVLVWHQF\ FDQ KHOS \RX EH P
WKH WRUWRLVH DQG WKH KDUH ZKHUH VORZ DQG VWHDG\ ZRQ WK
8QGHUVWDQGLQJ WKH SRZHU RI FRQVLVWHQF\ FDQ PRWLYDWH \RX
EXLOGV yÐ€ p°€`À@`pÀ`0`°€ à`0 •0€•• Pp0 Àp°0À p€P Àpp€ p0p€ð@À
\RXUVHOI DV \RX VHH SURJUHVV RYHU WLPH

1SPCMFN (BNCMJOH "XBSFOFTT

0DQ\ SUREOHP JDPEOHUV VD\ WKHLU ILUVW DZDUHQHVV RI WKHLU
JDPEOH GHVSLWH WKH FRQVHTXHQFHV :KHWKHU GULYLQJ GRZQ W
1H[W FDPH VSHQGLQJ PRUH WKDQ LQWHQGHG DQG ³FKDVLQJ ORVV
FRXOG PDNH DPHQGV WR RWKHUV KXUW E\ EURNHQ SURPLVHV WR
GLVRUGHU DQG LW¶V WUHDKWDW 0H Z-ZRXQFFDSQ DPHEDULQJP R U H KRHU FR
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