

UR Medicine EAP 315  
Science Pkwy Entrance C  
Rochester, NY 14620

(585) 276-9110  
1-888-764-3456

Email:  
[EAP@urmc.rochester.edu](mailto:EAP@urmc.rochester.edu)

Website:  
[urmc.rochester.edu/EAP](http://urmc.rochester.edu/EAP)



### .FBM 1MBOOJOH 8JMM 4BWF :PV .POFZ

'R \RX ZDQGHU WKH JURFHU\ VWRUH DLVOHV ZRQGHULQJ ZKDW \RX  
RXW PHDO SODQ" 7KH ODWWHU FDQ VDYH \RX PRQH\ DQG WLPH K  
QRW FRPSOLFDWHG 6LPSO\ ZULWH GRZQ WKH PHDOV \RX ZDQW W  
\RXU OLVW 7U\ WKH QHZ DSSURDFK WKLV ZHHN DQG WKHQ FRPSD  
EH VKRFNHG DW WKH VDYLQJV DQG PRUH VR ZLWK ZHHNV RI VD  
HOLPLQDWH LPSXOVH EX\LQJ RI IRRGV \RX FDQ GR ZLWKRXW +LQ  
FDUGV (DFK ZHHN FKRRVH VHYPHQ FDUGV DQG PDNH D JURFHU\ O

### .BUDI 4USFTT .BOBFNFUO 5FDIOJRVFT UP

,GHQWLI\ KRZ \RXU ERG\ UHVSRRGV WR VWUHV 7KHQ XVH WKH V  
PDQDJHPHQW WHFKQLTXHV ZRQW KHOS \RX IDOO DVOHHS LI ZRUU  
PHGLWDWLRQ RU \RJD .HHS D GLDU\ WR WUDFN SRVLWLYH HIIHFV  
ZRUNV GRQW VWRS XVLQJ LW ODNH WKH VWUHV PDQDJHPHQW



