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NYS-Balance, a free resource and referral service, will help you and your family with work, family, daily life, finances, health, and well-being. The NYS-Balance Program is accessible by phone or web 24 hours a day, seven days a week. The service is always confidential and is available at no cost to you or your family. NYS-Balance makes life less complicated.

Additional resources are available through your NYS Employee Assistance Program (EAP).
For more information about EAP and other Work-Life Services benefits, please visit www.worklife.ny.gov.