



It's okay to ask for help.

We encourage you to reach out for help, especially during this time. Check out our Employee Assistance benefit, reach out to our chaplains, human resources, supervisory staff, co-workers, or a counselor or doctor if you find that you need a little extra help.

EMPLOYEE ASSISTANCE PROGRAM

Website: metlifeeap.lifeworks.com
App: Download MetLife app
(username: metlifeeap, password: eap)
Call: 1-888-319-7819 (available 24/7)

MENTAL HEALTH RESOURCES

Mental Health Treatment Facility Locator

Provides U.S. government information and resources on mental health.

Toll-Free: 1-800-789-2647 (English and Española)
TDD: 1-866-889-2647
Website: MentalHealth.gov

Substance Abuse Treatment Facility Locator

Toll-Free: 1-800-662-HELP (1-800-662-4357)
(24/7 English and Española)
TDD: 1-800-487-4889
Website: findtreatment.samhsa.gov

Disaster Distress Helpline

Toll-Free: 1-800-985-5990
Text: "TalkWithUs" to 66746
Website: disasterdistress.samhsa.gov

National Suicide Prevention Lifeline

Toll-Free: 1-800-273-TALK (1-800-273-8255)
TTY: 1-800-799-4TTY (1-800-799-4889)
Website: samhsa.gov

National Domestic Violence Hotline

Toll-Free: 1-800-799-SAFE (1-800-799-7233)
TTY: 1-800-787-3224

HERITAGE CHAPLAINS

Heritage

Chaplain Larry Petry, Senior Chaplain
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(716) 490-5480

Chaplain Dan Bender
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Cell: (716) 785-9195

Chaplain Jerry Haglund
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Rolling Fields/Heritage Orchard Grove

Chaplain Kathy Petteys
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Hearthstone

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The Kenney

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