

Resources and Referrals available from NYS-Balance

Visit the NYS-Balance website or call for these and other resources.

Consultation Topics

- Adoption
- Child Care
- Education
- Elder Care
- Health Care
- Home Repairs
- Pet Services

Website Articles

- Balancing Work, Family, and Caregiving
- Battling Holiday Depression and Stress
- Caregiver Stress
- Coping with Change
- Coping with Stress: Workplace Tips
- Eleven Tips for Dealing with Stress
- Generalized Anxiety Disorder
- Got Butterflies: Tongue-Tied? Pounding Headache?
- Keeping Holiday Stress at Bay
- Managing Employee Stress
- Relaxing Your Body and Mind
- Stress Management Primer
- Stress and Aging
- Stress and Your Body
- Stress Management: Ways to Cope
- Stress Relievers: Tips to Tame Stress
- Take my Stress...Please!
- Welcome to Motherhood

Online Skill Builders

- Conflict Intervention
- Maintaining a Healthy Business Lifestyle
- Managing Negative People
- Managing Stress
- Recognizing and Managing Anger

Referrals to Programs and Services

- Adoption Agencies
- Assisted Living Facilities, Nursing Homes, Home Care
- Contractors, Plumbers, Electricians
- Family Day Care Homes and Day Care Facilities
- Health Plans, Senior Health Insurance Counseling
- Pet Sitters, Boarders, Groomers, Veterinarians
- Scholarships, Grants, College Profiles

Educational Materials

- Talking With Your Doctor (Brochure)
- Exercise and Physical Activity (Booklet)
- Discipline and Your Child (Brochure)
- How to Choose a Home Care Agency (Brochure)

Additional Resources

- American Psychological Association
- MedLine Plus
- National Center for Post-Traumatic Stress Disorder
- National Institute of Mental Health
- Sidran Traumatic Stress Institute
- Teen Talk
- What's Your Stress Index?
- Workplace Stress Survey

Audio Resources and Online Seminars

- Building Resiliency 101
- Change is Inevitable
- Daily Relaxation Tools
- Deflate the Pressure
- Don't Worry, Breathe Happy
- The Path to Inner Peace
- Self-Care: Remaining Resilient
- Stress and Heartburn

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.



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