

How can I make an appointment with the EmblemHealth Health@Work social worker?

It's easy. If you are an EmblemHealth Health@Work patient, you are eligible to meet with our social worker.

- Let the medical staff know you would like to schedule some time with our social worker.
- You can call the clinic directly and ask for an appointment with our social worker.
- Please note that your confidentiality is our priority. Information discussed with our social worker will not be shared without your permission and knowledge. Please also be aware that our social worker is a mandated reporter and has a duty to report if you are a danger to yourself and/or others.



1873 Western Avenue, Suite 100
Albany, NY 12203



Social Work Services

Serving Albany, Clinton, Columbia, Essex, Franklin, Fulton, Greene, Hamilton, Herkimer, Montgomery, Oneida, Otsego, Rensselaer, Saratoga, Schenectady, Schoharie, Washington, and Warren Counties

Redefining
Occupational
Health Care



Who provides social work services?

As a patient at EmblemHealth Health@Work, you have access to a licensed social worker who can provide an array of services to you at no additional cost. Services are provided virtually or scheduled in office, giving you the opportunity to meet with the social worker anywhere that you feel comfortable.

Our social worker has a master's degree in social work, is licensed by the State of New York, and is dedicated to ensuring that your needs are met. The social worker provides support to assist patients in navigating the social and emotional challenges that may arise when dealing with an occupational illness or injury. Such challenges can create social and financial hardships. In addition, day-to-day issues may arise as you and your loved ones adjust to the changes that result from an occupational illness or injury.



What services does EmblemHealth Health@Work social workers provide?

Crisis intervention: Our social worker will work with you to assess your situation and develop skills to manage the crisis (e.g., food insecurity concerns, etc.). They will also work with you to gain access to community resources that can help to stabilize your situation.

Short-term individual counseling and guidance: Our social worker will serve as a sounding board for you as you navigate your occupational illness or injury. They will listen, discuss your needs, assist in problem-solving, and help to develop a plan of action specific to the needs identified.

Not sure if social work services are right for you? Call us and we will be happy to provide you with additional information.

518-690-4420 | 800-419-1230

Stress reduction using relaxation techniques:

At your request, our social worker can introduce you to breathing exercises, visualization techniques, and other relaxation exercises that can help with pain management and support you in decreasing anxiety symptoms.

Referrals to community resources:

Referrals to financial resources, long-term counseling, vocational rehabilitation, emergency food and housing, and other community resources are provided.

Advocacy: Our social worker can support you as you work toward accessing community resources.

Community education: The implications of occupational illness, how occupational illness affects patients' daily lives, and how the social worker at EmblemHealth Health@Work can help are some of the issues our educational programs can address.



How much will it cost?

Patients of EmblemHealth Health@Work may use social work services at no extra charge.

How do I know if I can benefit from seeing the social worker?

- You have an occupational illness or injury.
- You are experiencing anxiety or depression caused by a work-related illness or injury.
- You are having difficulty finding resources in your community to support you with your basic needs.
- You are interested in holistic pain-reduction methods such as deep breathing, meditation, visualization, etc.
- You are interested in vocational rehabilitation and would like to discuss your options or be referred to someone who can help.
- You are experiencing stressful times such as a job loss, relationship tensions, or adjustment to the effects of a long-term occupational illness or injury.