

# HOW THE EAP CAN HELP BRING BALANCE TO YOUR LIFE

As an employee, you want to give your employer your best. But when you have something on your mind, it can affect your work and your home life.

New Directions understands that if one part of your life is out of balance, it affects your whole life. Our goal is to target what you want to achieve with information, short-term counseling, and referrals to guide you to resources for legal, financial, child care, elder care and healthy lifestyles.

## Call us when you need to find balance ...

Marriage and children  
Stress and emotions  
Finances and legal  
Child and elder care  
Support in tough situations  
Personal growth  
Questions about work

## To contact the EAP call New Directions

24 hours a day, 7 days a week

(800) 624-5544 or (913) 982-8398

[www.ndbh.com](http://www.ndbh.com)





## Your Questions Answered About the EAP

Bring balance to your life.

**Q: What will I find at the EAP?**

**A:** Your EAP provides counseling and work/life services.

**Q: How much do EAP services cost?**

**A:** It's free. Your organization covers the costs for you to use EAP services.

**Q: Who will know if I call the EAP?**

**A:** This program is confidential. No one will know you have used the service unless you give permission to discuss it or if you tell them yourself.

**Q: How can you help?**

**A:** We help with a wide range of everyday or unexpected concerns. We also have a number of resources aimed at growth and development. Many people call for resources in dealing with:

- Stress
- Depression
- Relationships
- Parenting
- Substance use
- Grief and loss

**Q: Who is eligible for EAP services?**

**A:** All employees and their immediate family members are covered.

**Q: Are your counselors professionals?**

**A:** Yes, EAP counselors have at least a master's degree in behavioral health, and a state license to provide these services.

**Q: What if I have a legal concern?**

**A:** You will be referred to an attorney who can assist you.

**Q: Can you help with financial issues?**

**A:** Yes, we have professional financial advisors available.

**Q: What if I need to help for an emergency?**

**A:** The EAP Call Center is open 24 hours a day, 7 days a week, 365 days a year. There is always a licensed EAP professional available to help in a crisis.

**Q: How do I get in touch with the program?**

**A:** Call New Directions Employee Assistance Program at **800-624-5544**.

**Q: What if I just need some information?**

**A:** You will valuable information at [www.ndbh.com](http://www.ndbh.com). Your login code is:

**MARCIT**

The website has thousands of resources covering a wide range of topics including, Family Life, Stress, Finances, Legal, Health and Wellness, Emotional Wellbeing, and Business Management.