

# Employee Assistance Program (EAP)

The Employee Assistance Program (EAP) is available to you and all members of your household. The EAP program offers answers, information and support for many of the questions and issues you face in your day-to-day life. With just one phone call or the click of a mouse, you can start to gain perspective, peace of mind and a renewed sense of purpose. The EAP staff will take the time to provide extra support to help you with a variety of issues.

The EAP offers services designed to help you reduce stress, balance your work and family responsibilities, and improve the quality of your life. The program offers resources, referral services, and counseling and support services. All services are free and confidential and can be accessed 24 hours a day, 365 days a year.

## Referral topics include the following:

- Parenting;
- Prenatal Care;
- Child Care;
- Senior Care;
- Education;
- Adoption;
- Legal Services;
- Financial Information;
- Special Needs.
  - You can visit online at [www.ndbh.com](http://www.ndbh.com). You can also call New Directions Employee Assistance Program 24/7/365 at 1-800-624-5544.

