



**You have things to talk out.  
With your EAP, people listen. And assist.**

Your Employee Assistance Program

**NEW DIRECTIONS**   
BEHAVIORAL HEALTH

## What is an EAP?

As an employee, you want to give your employer your best. But when you have personal challenges, they can affect your work and home life. Your Employee Assistance Program (EAP) provides free confidential counseling and resources to help you and your family.

At New Directions, we understand that having one part of your life out of balance can affect everything. We guide you with information, short-term counseling and when appropriate, connect you to additional resources. We can also help with legal and financial assistance, child and elder care and more.

Remember, your EAP is not just for a crisis. We can give you help with everyday challenges as well. Services cost you nothing; your employer has already paid for them. And services are confidential. Nobody will know you've contacted your EAP.

## We can help you with:

- Every day issues
- Marriage
- Children
- Stress
- Emotions
- Finances
- Legal
- Healthy lifestyle
- Support in tough situations
- Personal growth



## Face-to-face. Telephone. Online.

We know your time is valuable. Your EAP services are designed to be brief and fit your schedule. We offer many methods to get you the right help. Telephone counseling, face to face counseling or online resources. When you contact your EAP, you will talk to a professional who will listen to your concerns and provide support or connect you with the appropriate resources.



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(800) 624-5544 • (816) 237-2352 • [www.ndbh.com](http://www.ndbh.com)

## Website Services:

- Legal documents/Wills
- Financial Planning & tools
- Email tips
- Online connection to a counselor
- Thousands of articles, videos and self assesments

To contact your EAP, call New Directions  
24 hours a day, 7 days a week.

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