

NEW DIRECTIONS

EMPLOYEE ASSISTANCE PROGRAM

EAP Call Center Telephone Line: 800-624-5544

New Directions' Employee Assistance Program. You will receive a range of services to help with everyday stress and challenges. Many employees contact the EAP for help with:

- Stress at home and work
- Relationships
- Parenting questions
- Grief
- Depression and anxiety

The EAP is a **free** service and available 24/7/365. It is separate from your health insurance and it does not cost you anything to use it.

The EAP is a **confidential** service. No information, including your name, is released without your written permission. Your employer will not know if you use this program.

The EAP is available to the employee and to **immediate family members** that live in your household.

The EAP offers you additional valuable services:

Legal Referrals

A free 30-minute telephone consultation with an attorney. If you need a referral to an attorney for a face-to-face meeting, New Directions can refer you to one at a 25% discount off the attorney's hourly rate.

Financial Referrals

A 30-minute telephone consultation is available through the EAP. After the consultation, you can be referred to local resources. The referrals can be made for any financial issue (debt consolidation, budgeting, taxes, investments, etc.)

Website

Log on to www.ndbh.com to access their website programs.

Employee Portal:

- 1) Select **Individuals & Families**
- 2) From drop down menu Select **Employee Assistance Program**
- 3) Enter your company code: **sfsc**