

Log in to access thousands of experts and resources:

Go to **ndbh.com** 

**Select Individual & Families** 

From the drop down menu Select Employee Assistance Program

Enter your EAP company login code: sfsc

## After you have logged in, you can:

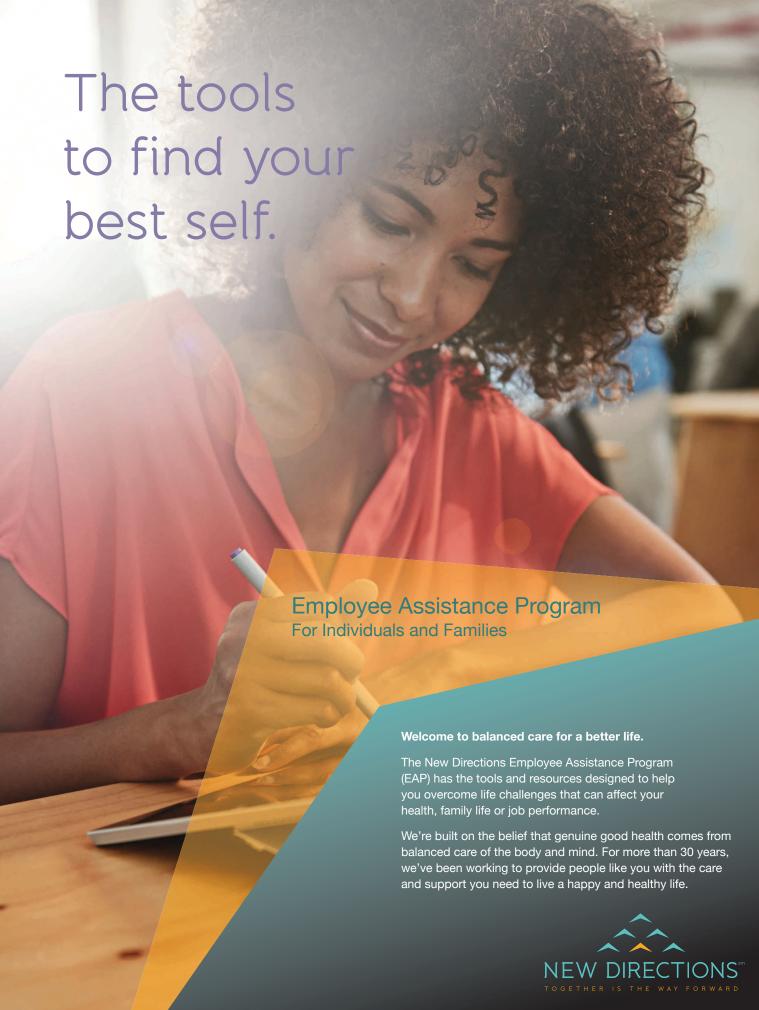
- View thousands of useful resources
- Chat with EAP representatives
- Request an EAP session
- Email us your questions
- Access our Frequently Asked Questions database

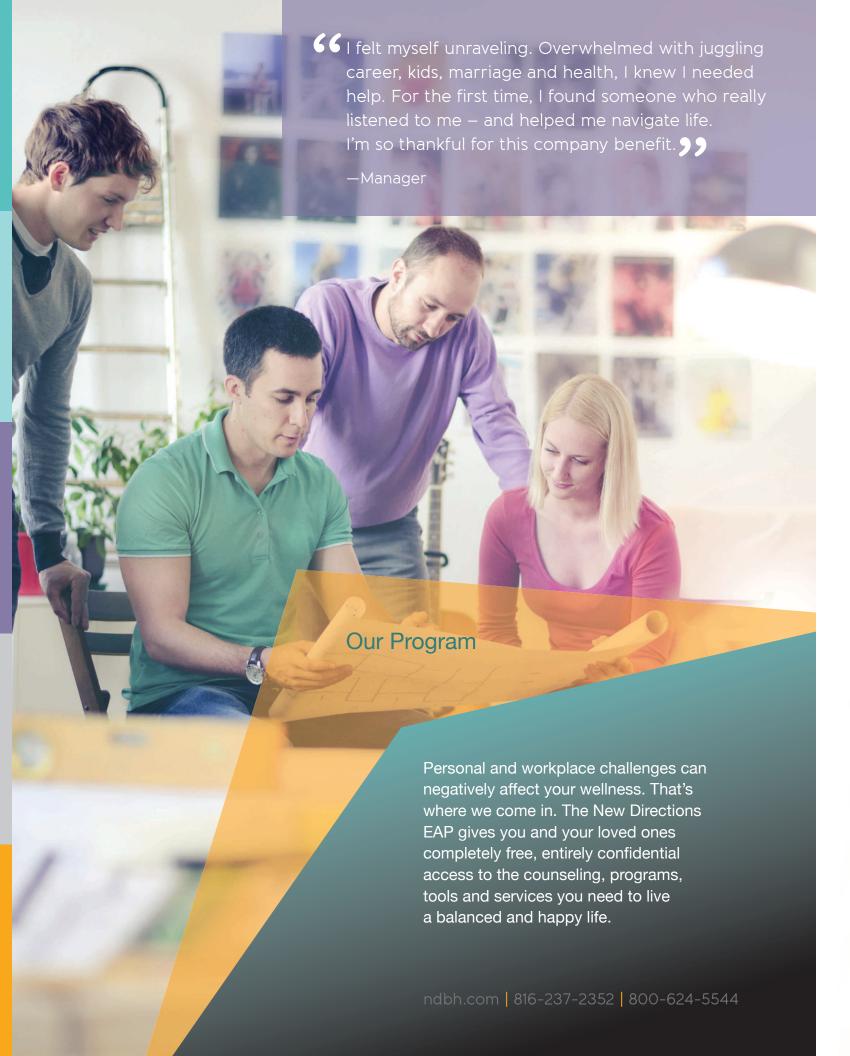
For any additional questions or concerns, call **800-624-5544** or visit **ndbh.com**.

Our EAP representatives are available **24/7/365**.

Together is the way forward.







## EAP can give you the support you need.

Whether you sense that a life challenge is just ahead, or you're already knee-deep in it, the EAP is here to help with top-notch providers, experts and offerings in these areas near you:

- Relationship and family challenges
- Life-changing events
- Legal or financial challenges
- Stress

- Excessive worry
- Feeling sad/blue
- Substance dependence or addiction
- Workplace challenges

70%

of employees who use the EAP find their stress levels improve.

# Resources to help you find your best self.

# We're here for you around the clock:

#### Start a Chat

Go online for quick and easy access to experts who can immediately point you to the right resources.

## Call the Helpline

An EAP professional is always a phone call away to connect you with a provider in your area that suits your specific desires and needs. Contact the helpline at 800-624-5544 or 816-237-2352 any day or hour.

#### Request a Session Online

Request an EAP session online from the comfort and convenience of your home or workplace computer. The option to search for and request a specific provider is also available, all while maintaining the utmost confidentiality and privacy.

#### Visit ndbh.com

View more than 10,000 resources to assist you in your improvement journey.

## Our expansive list of EAP resources includes:

## Assessment and Referral

In-person or telephone assessments are available to help match you with the appropriate EAP service, health plan or community services.

## Short-term Counseling

Certified, licensed and passionate professionals are available to help you manage almost any part of your life. Contact 800-624-5544 for access to in-person or telephone counseling.

#### Relationship Support

Staff are on hand around the clock to help you find resources to work through parental, personal or work-related relationship challenges.

## Legal and Financial Service

Access our network of attorneys and financial counselors who can provide legal expertise and advice on a multitude of challenges.

Connect with them in-person or online as well as explore a database of customizable legal documents for wills, estate planning, asset sales and more.

## Health Resource Library

Search a comprehensive collection of articles, videos, self-assessments, calculators and planners for information on thousands of topics designed to help improve your health.

## Weekly Tips

Sign up for weekly tips and advice on how to work through stress, parenting, being your best at work and other helpful material – delivered right to your inbox.