



The tools
to find your
best self.

Employee Assistance Program
Enhanced: **3 Face to Face Visits**

Personal and workplace challenges can negatively affect your wellness. That's where we come in. The New Directions Employee Assistance Program (EAP) gives you and your loved ones completely free, entirely confidential access to the programs, tools and services you need to live a balanced and happy life.

US^{able} Life


NEW DIRECTIONSSM
TOGETHER IS THE WAY FORWARD

Welcome to balanced care for a better life.

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

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 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 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.

70%

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

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

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

Your ndbh.com login: **SGE3F**

Visit ndbh.com to begin improving your health.



Together is the way forward.

NEW DIRECTIONS

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