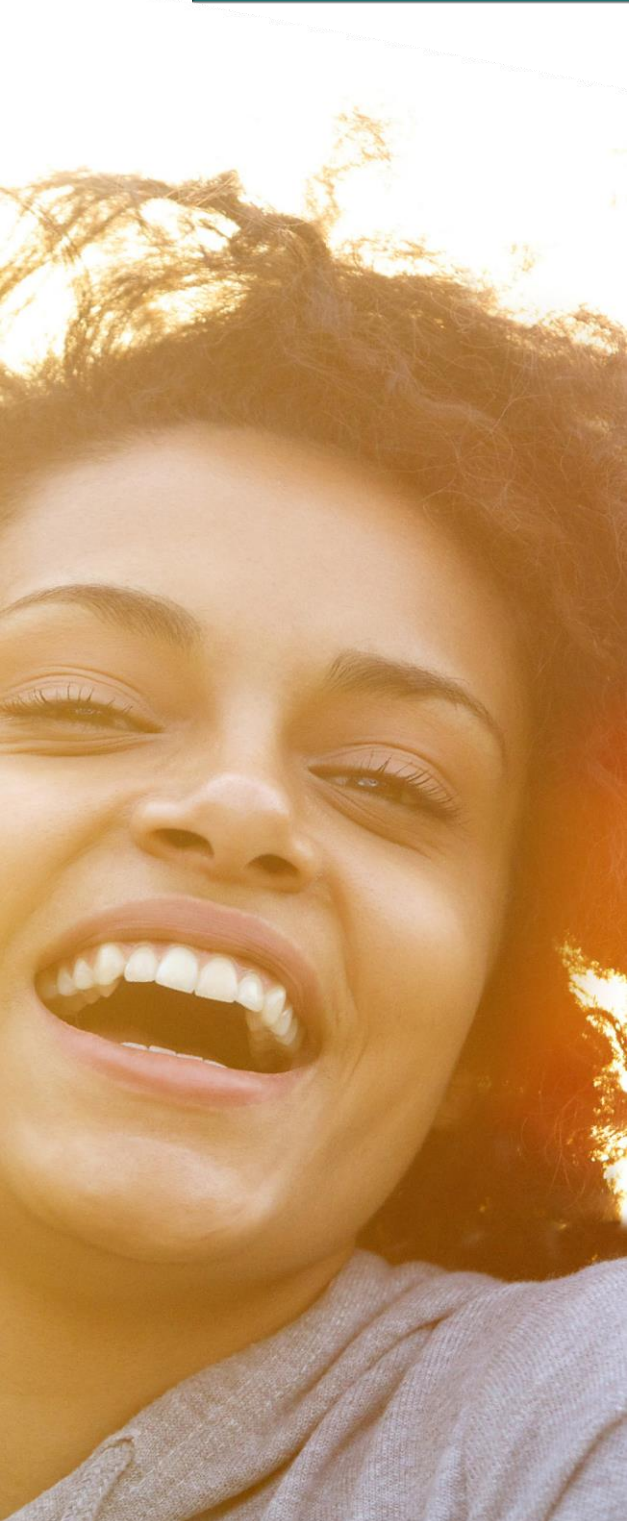


# The Employee Assistance Program for AR Benefits Members



## Get the support you need.

The New Directions Employee Assistance Program (EAP) has the tools and resources designed to help you overcome life challenges that can affect your health, family life or job performance. Employees like you use program resources to help with:

- Relationship and family challenges
- Life-changing events
- Legal or financial challenges
- Stress
- Excessive worry
- Feeling sad/blue
- Substance use
- Workplace challenges

## Find your best self with free resources.

### Assessment & referrals

Assistance to help match you with the appropriate services, health plan or community services you need

### Short-term counseling

In-person or telephone counseling with certified, licensed professionals

### Monthly tips

Quick life hacks, aspirational quotes, health tips and advice to live a more stress-free day.

### Work-Life tools

Consultation, appointment setting and referrals for daily living, dependent care, etc.

### Relationship support

Around-the-clock support and resources for help with parenting, person or work-related relationships

### Legal & financial consult

Network of attorneys and financial counselors who can provide expertise and advice on many issues. Plus, a database with customizable legal documents

### Health resource library

Collection of searchable articles, videos, self-assessments for health issues and topics

**84%** of employees  
who use the EAP find  
their stress levels improve.

Starting, January 1, 2019  
call the Help Line, start  
a chat, or request a  
session on [ndbh.com](http://ndbh.com)  
or the app. The EAP is  
free, confidential and  
available to you and  
your family members

