



THE TOOLS TO FIND YOUR BEST SELF

Employee Assistance Program

As an employee, a big job is asked of you, and chances are, the daily demands of life don't end when you leave work. That's why we have partnered with New Directions to offer an Employee Assistance Program (EAP) to help you best manage your life. The free, confidential benefit provides you with the tools, whether online or in person, to tackle life's challenges.

EAP Can Give You the Support You Need

Hard-working employees just like you use the program's experts and resources every day to help with:

- Relationship challenges
- Life-changing events
- Legal or financial issues
- Excessive worry or stress
- Substance dependence
- Workplace challenges

Treatments and Resources to find your best self

The expansive list of resources, free to you and your loved ones, can be used at your style and pace:

- **Dedicated helpline:** Around the clock support from professionals
- **Assessments and referrals:** In-person or telephone assessments to help match you with the resources you need to improve your health
- **Short-term counseling:** Up to 6 in-person and/or telephone counseling sessions from certified, licensed and passionate professionals
- **Relationship issue guidance:** Around-the-clock help to find resources to deal with parenting, personal or work-related issues.
- **Legal and financial services:** Access to a network of attorneys and financial counselors prepared to provide legal expertise and advice on many issues. Download customizable legal documents for things like wills, traffic violations, asset sales and more.
- **Health Resource library:** Comprehensive collection of searchable articles, videos, self-assessments, calculators and planners for information on any health issue or topic

And there's more. For nearly any piece of your life that feels like it needs some improvement, there is support for you.

Get Started

Call: 800-624-5544

Log on: ndbh.com with passcode Washburn

Request a session online at ndbh.com

Online, real time, anytime: **confidential care** for you and your family to live with balance, health and happiness. In other words, iconic.

“Life threw me a big ol’ curveball I could have never anticipated. The EAP helped me move forward with advice and resources I wasn’t able to find on my own.

- Accountant/Controller

➤ **80% of employees report reduced productivity at work due to daily stress**

➤ **70% of employees who use the EAP find their stress levels improve**

“When life’s ‘little’ challenges suddenly became too big, the EAP helped put our family back together. We now have two daughters thriving in school and two parents finding peace at work and at home.

- Hospital employee