The tools to find your best self.

Employee Assistance Program
For Individuals and Families

Welcome to balanced care for a better life.

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.

We're built on the belief that genuine good health comes from balanced care of the body and mind. For more than 30 years, we've been working to provide people like you with the care and support you need to live a happy and healthy life.

NEW DIRECTIONS℠

TOGETHER IS THE WAY FORWARD

“I felt myself unraveling. Overwhelmed with juggling career, kids, marriage and health, I knew I needed help. For the first time, I found someone who really listened to me – and helped me navigate life. I’m so thankful for this company benefit.”

—Manager

Our Program

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

ndbh.com | 816-237-2352 | 800-624-5544

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.

Visit ndbh.com to begin improving your health.

Log in to access thousands of experts and resources:

- Go to **ndbh.com**
- Enter your EAP company login code (request your code online or contact your Human Resources department)

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.

NEW DIRECTIONS℠

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