

## EMPLOYEE ASSISTANCE PROGRAM - EAP

# When life's a little much, your EAP has you covered.

Life can be challenging. When your responsibilities start to feel overwhelming and showing up each day seems difficult, it's important to reach out for help. You can lean on your confidential Employee Assistance Program (EAP) for support.

### Real support for real life.

A no-cost-to-you benefit from your workplace, your EAP can help you or anyone in your household:

- Receive support when you don't feel like yourself
- Get help with responsibilities that are distracting or stressful
- Improve personal relationships
- Receive care after a traumatic event or diagnosis
- Make healthy lifestyle choices
- Improve and inspire daily life
- Be more present and productive at work
- Grow personal and career skills
- With legal advice or questions
- Assistance with budget or financial concerns

### We're always here for you.

Life happens regardless of day or time. We are available 24 hours a day, 365 days a year. Whenever you need to reach out, we are here for you.

### Your EAP can help you:

**Reduce stress | Cope after crisis | Focus at work | Lead others**  
**Navigate the legal system | Reduce debt | Live a healthier life**  
**Support and improve relationships | Be resilient**

## How to reach your EAP



**Support Line**  
800-624-5544



**Online**  
[eap.ndbh.com](http://eap.ndbh.com)



**Mobile app**  
Search for  
New Directions  
EAP

**EAP services are 100%  
confidential and no-cost to you.**

**[eap.ndbh.com](http://eap.ndbh.com)**  
**Code:**  
**800-624-5544**

**“EAP has been beneficial in so many ways I don’t know how I would have gotten through without it.”**

## Download our app.

Search for **New Directions EAP** in your app store.



## Whatever life throws your way, we’re here to help.

Stress, relationships, work and money. These are the most common reasons people reach out to EAP every year. No matter what issues you’re facing, EAP is the perfect first step for you or your household members.

### Counseling

Depending on your situation, your preference for help may change. That’s why we offer several different ways for you to get what you need. Counseling is available in a variety of ways:

- Face-to-face
- Over the phone
- Online
- In-the-moment

### Legal and financial resources

Navigating finances and/or the legal system can be overwhelming and confusing. Luckily, your EAP can help with services like:

- A no-cost-to-you, 30-minute consultation with a certified financial expert or attorney
- Online tools including budget templates, financial calculators, tax preparation documents, will builder, business agreements and other legal documents
- Emotional support and referrals to help you better manage your legal and financial challenges

### Work/Life

Work/Life services can help you tackle your to-do list with specialists who can locate providers, get referrals and find resources for almost anything you and your household needs. You have free access to:

- Personalized consultation with a highly-trained specialist over the phone or through online chat
- Referrals to local providers and resources
- Tip sheets, checklists and other helpful tools

Work/Life topics may include family and caregiving, education, legal and financial, career and work, and health and wellness.

### Coaching

Life coaching services are designed to promote self-awareness, clarify visions, values, intentions and goals. This service builds on strengths that you already have to help you set and achieve your goals. With coaching you can:

- Schedule telephonic sessions with one of our coaches
- Work with your coach to establish and meet goals
- Identify resources to keep you on track

Coaching topics may include managing stress, work/life balance, time management, personal challenges, setting and organizing priorities.

### Online Services

Our comprehensive website, as well as our New Directions EAP mobile app, make it easy to access information regarding EAP benefits and requesting services. The website and app offer:

- Referrals via online intake
- Substance use resources
- Mental health toolkits
- Resource Library includes webinars, calculators, videos, articles and much more.
- Monthly live webinars and other training resources

**Take your first step and call today.**

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# Free live webinars

## Part of your Employee Assistance Program (EAP)

Learning can boost self-confidence, build purpose and help connect you with others. But finding the time for personal and professional development can be tough. Your Employee Assistance Program (EAP) makes this easier by offering chances to grow your mindset each month. Live and pre-recorded webinars focus on topics that can help you feel productive and think differently about life at home or at work. Join us! They're free and fun.

**FOR ALL EMPLOYEES | 2023 Sessions at 12 PM – 1 PM & 3 PM – 4 PM ET**

### **Bringing Mindfulness into Your Life 1/18/23**

Mindfulness practices are shown to reduce stress and provide a variety of benefits to an individual's mental health. In this session, learn how mindfulness techniques can be used in everyday life for a more present and intentional existence.

### **Importance of Having a Will 2/15/23**

You work hard for your money, and you should make sure that it, and your other assets, end up where you want after your death. There is much confusion about what you need to do to preserve your wealth and intentions, and in this class participants will leave understanding the components and alternatives to their choices.

### **Deep Cleaning Your Life 3/22/23**

Life is a complicated web of stuff, places, people and responsibilities. How often do you stop and really look at the elements of your life? In this session learn how to take the principles of "Spring Cleaning" and apply them to your whole life year-round.

### **Healthy Workplace Boundaries 4/19/23**

With so much time spent at work, and many of us working out of our home, the lines between personal and professional life can get blurry. In the session learn how to better define and support the boundaries between your work and home life.

### **Managing your Mental Health 5/17/23**

Mental health is impacted by a wide variety of factors—from major mental health issues to everyday life. In this session we will review common impacts on mental health, tips to manage them and signs you may want to seek help.

### **Choosing Kindness 6/21/23**

A little bit of kindness can go a long way, but it isn't always easy. Kindness is also a skill that can be developed. In this session to we will review some tips to lead a kinder life.

### **Documents for Life 7/19/23**

It is often difficult to discuss the future with aging parents and other older relatives. This seminar will guide you through the important discussions to have with your aging relatives, including managing and documenting their financial and healthcare plans and preferences. We will cover the documentation that you should consider putting in place, including advance directives, beneficiary forms, wills and trusts.

### **Embracing Change 8/23/23**

While sometimes exciting, change can also bring about uncertainty, discomfort and fear. In this session learn strategies for dealing with change to take yourself from surviving change to thriving in it.

### **Supporting Others Through Mental Health Struggles 9/20/23**

Watching someone you know struggle with their mental health can leave you feeling helpless. In this session learn how to approach and support someone who is struggling, while also still taking care of yourself.

### **Handling Financial Stress 10/18/23**

A significant subset of Americans are living paycheck to paycheck right now, including many with six-figure incomes. Are you one of them? What can you do about it? This course focuses on concrete ways to stabilize and support your income, control your spending and plan for emergencies.

### **The Power of Laughter 11/8/23**

Everyone knows laughing makes you feel good, but its benefits go beyond that. In this session explore the energizing power of laughter and learn to approach life with a little more humor.

### **Managing Holiday Stress 12/13/23**

While the holidays are seen as a time of joy and celebration, they can also be a time of tremendous stress. In this session learn strategies to better manage holiday stress and get more out of what the holidays mean to you.

**Register for live sessions today!**

**eap.ndbh.com**

**Code:**

**800-624-5544**



## FOR LEADERS & MANAGERS | 2023 Sessions at 12 – 1 PM & 3 – 4 PM ET

### Supporting Work/Life Balance 1/25/23

Our definition of work/life balance may look different than it had in the past. Join us to discuss ways to maximize your support for employees' work/life balance while remaining productive.

### Redefining Your Stress Style 2/22/23

Stress can be either a negative or a positive influence in our lives, and each of us reacts to stress differently. In this session we will explore individual responses to stress and learn techniques to channel stress to the positive.

### Strategies for Developing Remote Employees 3/29/23

There are multiple benefits to remote employment, but it is not without challenges. We will explore strategies to construct a team environment that is inclusive and supports growth opportunities.

### Fostering and Measuring Employee Thriving 4/26/23

It's not enough to simply determine whether employees are engaged, but are they thriving, personally and professionally, to be most innovative, collaborative and productive?

### Recognizing and Preventing Burnout 5/24/23

In a virtual or hybrid environment it can be more challenging to recognize an employee who is disengaged and burned out. Join us to recognize common signs of burnout and strategies for reenergizing employee engagement.

### The Power of Perseverance and Grit 6/28/23

In this session we will examine the work of Angela Duckworth, "Grit", and consider how we might integrate powerful "grit" strategies into our lives and our work.

### Putting Your Best Foot Forward - Online 7/26/23

In our world of ever-increasing virtual work and meetings, we may never meet co-workers, clients, partners, and vendors face to face. In this session we'll explore guidelines for engagement in the new paradigm of virtual work.

### Fostering Agility in your Workplace 8/30/23

Workplace agility is an organization's ability to adapt swiftly and collaboratively to ever-changing needs, market demands, technology and initiatives. Join us to explore tactics for strategically fostering increased agility on your team.

### Supporting Employees with personal Challenges 9/27/23

Everyone faces personal challenges at some point, and those challenges can follow people to work. In this session we will review strategies to support employees dealing with mental health issues, substance use, grief and loss, etc.

### Inspiring Employees to Take Ownership of Their Work 10/25/23

We often see "good" employees who get the assigned task done well but are hesitant to take ownership of their work to "next steps", innovation or collaboration. In this session we will discuss tactics to empower employees to achieve and excel.

### Building Team Trust 11/15/23

Authenticity and trust are essential for productive, energized teams. In this session we will address how to determine the trust quotient of your team, recognize the weak links, and build a team of support, authenticity, respect, and trust.

### Providing Effective Feedback 12/20/23

Giving employees feedback is essential in a leadership role, but many struggle with the confidence to do it. In this session we will examine methods for improving communication and clarity between managers and employees.

## How to sign up

1. Visit [eap.ndbh.com](https://eap.ndbh.com)
2. Enter your company code
3. Scroll down to the **Check Out Our Webinars** box
4. Click **Register for Live Webinars**
5. Choose your session, complete the easy registration form and receive confirmation

**Questions?** Connect with your EAP customer success manager, HR department or [eaptraining@ndbh.com](mailto:eaptraining@ndbh.com).

## Webinar Sessions Time Zone Conversion

EASTERN 12 – 1 PM | 3 – 4 PM

CENTRAL 11 AM – 12 PM | 2 – 3 PM

MOUNTAIN 10 – 11 AM | 1 – 2 PM

PACIFIC 9 – 10 AM | 12 – 1 PM

## Share and attend these learning opportunities!

In addition to these live webinars, [eap.ndbh.com](https://eap.ndbh.com) offers pre-recorded sessions on topics such as stress and diet, meditation and relaxation, sleep, saving money, identity theft and more. Virtual training events are also available 24/7/365.

