

Employee Assistance Program

New Directions Employee Assistance Program (EAP) is a **voluntary and confidential** service that provides employees and their families with professional counseling and referral services. This program is fully paid by **Douglas County** and is available to you at no cost.

The EAP can help you with a variety of issues, including:

- Day-to-day stresses
- Depression and anxiety
- Difficult life circumstances
- Problems with co-workers or supervisor
- Marital and family issues
- Drug and alcohol issues
- Elder care consultation with an elder care specialist
- Legal consultation with an attorney
- Financial consultation with a professional

The EAP website is also available at www.ndbh.com. To enter the EAP Member Section, contact Human Resources for the employer passcode. While there, check Personal Directions – a substantial resource containing thousands of information articles, planners, assessments, calculators, videos, and national search services for dependent care, legal, and financial services.

Don't forget to sign up for e-Directions, four weekly emails that provide information and motivation about parenting, stress, relationships, and healthy mind/healthy body.

Take advantage of this valuable employee benefit. For help with the day-to-day stressors of life, just pick up the phone and call the New Directions 24/7 Clinical Referral Center at 1-800-624-5544 at any time, day or night. The EAP is available 24/7 to provide confidential assistance. You will need the employer passcode when calling. Contact Human Resources for the passcode.

