



# Employee Assistance Program



**NEW DIRECTIONS**<sup>SM</sup>

TOGETHER IS THE WAY FORWARD

800-624-5544

[ndbh.com](http://ndbh.com)



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It's a safe bet that you and every one you work with wants to be happy, healthy and productive. But actually getting to that mindset? That can be overwhelming. That's where the Employee Assistance Program (EAP) comes in. Hard-working employees like you use the program's experts and resources every day to help with:

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

EAP counseling is available by telephone or in person. It's completely free, totally confidential and fully available to you and your family members.

Life is tricky enough – don't try to tackle it alone. Request an EAP session online or call 816-237-2352 or 800-624-5544 – and let's work together to move you forward.