

New Directions Employee Assistance Program

Personal Directions

Personal Directions is an interactive resource available to help you and your family build resilience and get answers to all of life's tough questions. Each day you are faced with events that can have an effect on you, both personally and professionally. Whether it is a health, financial, legal, relationship, or emotional issue, its effects are felt in all areas of your life.

In order to better prepare yourself for the challenges you face, we have compiled information to educate and enlighten you in all major life areas. We hope our assessments, videos, quizzes, courses, articles, calculators and other resources will assist and comfort you.

Categories on Personal Directions:

- Health
- Relationships
- Emotional Well-being
- Financial
- Legal
- Personal Growth

The screenshot displays the Personal Directions website interface. At the top, there are navigation tabs for Home, Emotional Wellbeing, Relationships, Financial, Health, and Legal. Below these is a search bar and a 'GO' button. The main content area is divided into several sections: 'Claustrophobic Feelings' with a family photo and a 'READ MORE' button; 'Find Assessments' with a list of tests including Alcohol Use Disorders Identification Test (AUDIT), Cardiac Risk, Depression Screening (PHQ9), Diabetes Risk, Drug Abuse Screening Test (DAST10), and Fitness Assessment; 'Most Popular' and 'Highest Rated' lists of articles; 'Recipe of the Month' featuring 'Fruited Buckwheat Pancakes'; 'How may we assist you?' with a 'Let us know how we can assist you' link; 'Featured Video' for 'Anemia'; 'Weekly Poll' asking 'If you received some extra money, what would you do?'; and 'Stress Tip' with a 'Eliminate unnecessary commitments' tip.

Personal Directions is available to you online:

1. Visit www.ndbh.com.
2. Enter your company login code.
3. Click on the "Go to Personal Directions" button.

