



The tools  
to find your  
best self.

**Employee Assistance Program**  
Enhanced: **Online EAP**

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

**USable Life**

  
**NEW DIRECTIONS**<sup>SM</sup>  
TOGETHER IS THE WAY FORWARD

# Welcome to balanced care for a better life.

## 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

## 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.

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

View more than 10,000 resources to assist you in your improvement journey. Some available resources include:

- Videos
- Will Prep Toolkit
- Calculators
- Self-Assessments
- Budgeting Worksheets
- Legal Documents
- Provider Directories
- Elder & Child Care Resources
- Stress Management Tools

Our expansive list of EAP resources includes:

### Relationship Support

Visit [ndbh.com](http://ndbh.com) to help you find resources to work through parental, personal or work-related relationship challenges.

### Legal Resource Center

Explore a large database of free, customizable legal documents for wills, budgeting, retirement planning, big purchases and more. Store documents in one place for easy updates and secure saving.

### 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.

### Stress Toolkit

Understand the impact of stress on your happiness and productivity with this online toolkit. Take steps to improving your health with assessments, apps, tools and resources designed to reduce stress.

For any additional questions or concerns, visit [ndbh.com](http://ndbh.com).

Our EAP representatives are available **24/7/365**.

Your [ndbh.com](http://ndbh.com) login: **USAL903**

Visit [ndbh.com](http://ndbh.com) to begin improving your health.



Together is the way forward.

NEW DIRECTIONS<sup>SM</sup>

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