

## Work/Life Services

### Too much on your plate? We can help you delegate.

Locate a sitter. Find a plumber. Research colleges. Join a gym. Overwhelmed by life's endless to-do lists? It's not just the big items; it's all the little things that add up and pile on stress. And it's not good for your mental well-being or physical health. New Directions Work/Life services are available to help you address those daily living concerns so you can focus at work and be more present at home. Our specialists are highly-qualified to assist you with locating providers, resources and referrals for a range of life issues and needs.

#### FAMILY AND CAREGIVING

- Child care and day care
- After-school programs
- Summer camps
- Special needs care
- Education and tutors
- In-home care and companion services
- Senior housing
- Meal programs and transportation services
- Hospice and rehab centers

#### EDUCATION

- Tutors and test-prep
- Public, private, and specialty schools
- Colleges, universities, and continuing education
- Financial aid and scholarships
- Internships

#### DAILY LIVING

- Household maintenance
- Pet care
- Dining and entertainment
- Gifts and shopping
- Moving and relocation
- Transportation
- Meals and groceries

#### LEGAL AND FINANCIAL

- Real estate
- Taxes
- Estate planning
- Legal document preparation
- Civil or consumer issues
- Retirement planning
- College savings
- Life insurance
- Budgeting

#### CAREER AND WORK

- Resume writing and editing services
- Job placement resources
- Career counseling
- Community resources

#### HEALTH AND WELLNESS

- Health care providers
- Specialty care
- Gyms and fitness centers
- Nutritionists
- Health coaches
- Alternative medical providers

✓ Personalized consultations with trained Work/Life specialists

✓ Referrals to local providers and national services

✓ 24/7 support for you and your household members

✓ Tip sheets, checklists and other helpful tools

Connect with us today to learn more.

**eap.ndbh.com**  
**code:**  
**800-624-5544**