

# New Directions Behavioral Health (EAP)



As of January 1, 2019, New Directions Behavioral Health is the new Employee Assistance Program provider for the State of Arkansas. New Directions offers services to State and Public School employees and their households at no extra cost to the participant. Services include: confidential counseling, legal services, improving overall health, career development, and more!

## Connect With New Directions



Call the Helpline  
**1-877-300-9103**  
Available 24x7



Online  
**[www.NDBH.com](http://www.NDBH.com)**

Employees have access to New Directions services and programs any time on the web.

- ▶ Visit [www.NDBH.com](http://www.NDBH.com);
- ▶ Select the Log In icon;
- ▶ In the Individuals and Families tab, select Employee Assistance Program;
- ▶ Enter company code **ARBenefits**.

Benefits of the online portal include:

- ▶ Request counseling;
- ▶ Live Chat with a Benefit Specialist;
- ▶ Learn about short term counseling through mobile text;
- ▶ Access myStrength;

And more!

## Available EAP Resources

### Assessment & Referrals

Assistance to help match you with the appropriate services, health plan or community services you need.

### Short Term Counseling

In-person or telephone counseling with certified, licensed professionals.

### Monthly Tips

Quick life hacks, aspirational quotes, health tips and advice to live a more stress-free day.

### Work Life Tools

Consultation, appointment setting and referrals for daily living, dependent care, etc.

### Relationship Support

Around-the-clock support and resources for help with parenting, person or work-related relationships.

### Legal & Financial Consult

Network of attorneys and financial counselors who can provide expertise and advice on many issues. Plus, a database with customizable legal documents.

### Health Resource Library

Collection of articles, videos, self-assessments and tools covering a wide range of issues and topics designed to improve your health.

### myStrength

Take charge of your mental with myStrength. The web and mobile platform offers self-paced activities, health trackers, inspirations, and over 2,000 pieces of helpful content, to help you reach goals and maximize your overall wellbeing.

### Tobacco Cessation

Members who use tobacco products can enroll in a telephonic tobacco cessation program through New Directions.

Members will participate in an over-the-phone counseling session and then be able to receive nicotine replacement therapies from their pharmacy at no cost to them.

Enroll today by calling 1-877-300-9103.

Take your EAP with you with the New Directions EAP App.

