

What Is an EAP?



EAP - The Employee Benefit that Benefits Employers

The Employee Assistance Program (EAP) gives your employees a performance boost. Services include financial and legal benefits, child and elder care referrals, work/life resources, and short-term counseling.

The EAP helps employees identify challenges that may interfere with job performance. Through short-term counseling, training, management consultation, interactive website and crisis services, the EAP has a positive effect on productivity, turnover and healthcare claims costs.

Turn the page for detailed information about New Directions' EAP!

*"You helped me and my family get through some really tough times. Thanks for everything!"
- An EAP Client*

EMPLOYEE SERVICES

- Available by telephone 24/7
- Support and crisis assistance
- Counseling available in-person or by telephone
- Legal and financial consultation
- Referral to child and elder care services
- Comprehensive online resources
- Health coaching

EMPLOYER SERVICES

- Telephone consultation with an EAP professional
- Formal management referrals
- DOT/SAP assessment and case management
- Online management forum
- Dedicated account management
- Educational workshops onsite
- Supervisory training
- Crisis management services

Personal Directions for Wellness, Work, and Life

An integral component of New Directions EAP, Personal Directions offers real solutions for managing life. Content-rich and comprehensive, it covers most areas that affect quality of life including Family Life, Finance, Legal, Emotional Wellbeing, Stress, Business Management, and Personal Growth. Constantly updated and enhanced, Personal Directions helps balance work and life. Offerings include videos, national law directory, financial calculators, tax forms, and much more.

Additional Services from New Directions

New Directions also offers a full range of behavioral change and human resources consulting services through Performance Solutions, Health Coaching and Managed Behavioral Healthcare.

At New Directions, we believe that optimal health means behavioral health. Our innovative services are designed to help employers and employees make and maintain changes that lead to optimal health, on-the-job productivity, and high life satisfaction. New Directions is accredited by URAC for Utilization Management and Case Management and has full NCQA accreditation as a managed behavioral healthcare organization.

Getting started is easy.
For more information, contact your
broker or account executive today.



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NEW DIRECTIONS
BEHAVIORAL HEALTH 