

## Employee Assistance Program: Online

# Balanced care for a better life.

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.

### Finding Your Best Self

Visit [eap.ndbh.com](http://eap.ndbh.com) and 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

### Relationship Support

Visit [eap.ndbh.com](http://eap.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.

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

**[eap.ndbh.com](http://eap.ndbh.com)**  
**800-624-5544**