



EAP gives you and your family confidential access to programs and services online or in person for FREE

EAP is available to you, your spouse and dependent children up to age 26

*You receive up to six **FREE** visits, per person, per event*

Go online and you can start a chat with an expert to point you in the right direction

Sign up for weekly tips and advice on stress, parenting and being your best at work

THE TOOLS TO FIND YOUR BEST SELF *Missouri Western State University Employee Assistance Program*

As an employee, a big job is asked of you, and chances are, the daily demands of life don't end when you leave work. That's why we have partnered with New Directions to offer an Employee Assistance Program (EAP) to help you best manage your life.

EAP Can Give You the Support You Need

Hard-working employees just like you can use the program's experts and resources every day to help with:

- Relationship challenges
- Parenting resources
- Legal or financial issues
- Excessive worry or stress
- Substance dependence
- Workplace challenges

Treatments and Resources for You and Your Family

- **Dedicated helpline:** Around the clock support from professionals
- **Assessments and referrals:** In-person or telephone assessments to help match you with the resources you need to improve your health
- **Short-term counseling:** Up to 6 in-person and/or telephonic counseling sessions from certified, licensed and passionate professionals for you, your spouse or significant other and dependent children to age 26
- **Relationship issue guidance:** Around-the-clock help to find resources to deal with parenting, personal or work-related issues
- **Legal and financial services:** Access to a network of attorneys and financial counselors prepared to provide legal expertise and advice on many issues. Download customizable legal documents for things like wills, traffic violations, asset sales and more
- **Health Resource library:** Comprehensive collection of searchable articles, videos, self-assessments, calculators and planners for information on any health issue or topic

EAP provides confidential care for you and your family and the support you need to live a happy and healthy life.

Getting Started

Call the Helpline: 800-624-5544

Go Online: ndbh.com

(Login Code – MWSU)