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### Counseling Services

*You and your household members receive five free and confidential sessions.*



## IT'S EASY TO USE YOUR EMPLOYEE ASSISTANCE PROGRAM (EAP)

1

**Call 800-968-8143**  
or fill out the online  
[Request My Benefit](#) form.

2

**Speak confidentially**  
with an intake specialist  
about your situation or  
request.

3

**Receive professional support** to assist you in  
reaching your goals.

Your EAP is provided by your employer at no additional cost to you. If you qualify for your insurance plan, regardless if you participate in that plan, you and your household family members are eligible for EAP services. Everyone is automatically enrolled and receives their own set of counseling and life management services. When you call, please provide your name and company funding the EAP benefit. Individual use of your EAP is confidential and not reported to your employer or manager. Counseling sessions are confidential in compliance with the law.

When your personal or professional life becomes challenging, our licensed counselors are here to help. Here are some concerns counseling addresses:

- *Grief and Loss*
- *Stress Management*
- *Alcohol/Substance Use*
- *Relationship Conflict*
- *Anxiety*
- *Depression*
- *Trauma*
- *Anger Management*
- *Spiritual Matters*
- *Workplace Concerns*
- *Work-life Balance*
- *Behavioral Change*

### Convenient Ways to Connect



TELEPHONIC



VIDEO



CHAT



MESSAGING



IN PERSON

### Explore the Website

Head to the [My EAP](#) tab and select Employees and Families to explore the detailed information about your benefits. Log into the [Well-being and Training Center](#) for helpful articles, assessments, calculators, courses, webinars, videos and a resilience program for your personal and professional growth.

Call us 24/7/365 at 800-968-8143 or visit [www.firstsuneap.com](http://www.firstsuneap.com)



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## Life Management Services

*You and your household members receive five free life management services.*



## WE'RE HERE TO HELP WHEN YOU'RE READY

### Make the call to make a difference

You and your household members have access to First Sun EAP's award-winning Employee Assistance Program (EAP). Our services are designed to enhance your personal and professional well-being.

### We do better so you can be better

Our highly seasoned and credentialed staff are invested in you. They are professionally trained to assess your needs and get you to the necessary resources for an optimal outcome.

**Financial Consultations** — Financial coaches assist with planning for retirement, reorganizing the family budget, and managing a financial crisis.

**Legal Services** — Our website holds a wealth of personal and legal documents, and legal information. You may also call for a free legal consultation. All legal services are provided by licensed attorneys.

**Elder and Adult Care Resources** — Receive resources and referrals for the elderly, disabled adults and their caregivers during your consultation with our specialists.

**Child Care Resources** — Consultants advise on how to select child care resources and address child care needs for child care centers, summer camps, in-home care, after-school care and disability resources.

**Education Referrals** — Consultants are available for students and working adults who desire assistance with continuing education. Identify referrals for financial aid, test preparation and school/college selection.

**Adoption Support** — Specialists provide referrals to adoption agencies, attorneys, and support groups.

**Home and Life Resources** — Simplify your to-do list and get information and referrals for household repairs, transportation, grocery delivery, housing rental searches, community connections and more.

**Work and Career Referrals** — Experts help with a range of topics like career transitions, interview skills, tip sheets.

**Health and Well-being Referrals** — Receive referrals on well-being topics such as specialty care, fitness centers, nutritionists and various support groups.

**Pet Care Referrals** — Consultants offer comprehensive referral services to assist with veterinary selection, emergency care, groomers, walkers, pet sitting, boarding, and training and obedience programs.

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