

How to Use Your EAP — EMPLOYEE

Your employer has provided you with an Employee Assistance Program (EAP). This benefit provides free and confidential counseling, services and resources designed to help you and your family members.

What Assistance Is Available?

Counseling Services

When you are challenged by personal or emotional issues, our counselors are here to help with:

- Alcohol/Substance Abuse
- Anger Management
- Anxiety
- Depression
- Family Conflict
- Grief and Loss
- Marital/Relationship Issues
- Personal Concerns
- Spiritual Concerns
- Stress Management
- Trauma Issues
- Workplace Concerns

Life Management Services

Our counselors provide assistance so you can be more successful at home and at work. We provide:

- Legal Services and Documents
- Financial Consultations
- College and School Assistance
- Child Care Resources and Assistance
- Elder Care Resources and Assistance
- Adoption Assistance
- Pet Care Assistance

The Benefit of Using Your EAP

- **FREE**—Counseling and life management services are offered at no cost to you.
- **CONFIDENTIAL**—Services are confidential to the extent permitted by the law.
- **NOT REPORTED**—Use of your First Sun EAP is not reported to your employer or manager.
- **FAMILY MEMBERS ARE ELIGIBLE**—Your EAP is available to you and your household family members.
- **SMART GROWTH TOOL**—This free benefit is your own personal and professional growth tool, allowing you to regain balance in your life.



FIRST SUN
EAP

We Help People Be Better at Work

3 EASY STEPS TO USING YOUR EAP

1

Call 800-968-8143

or review online
resources at
www.firstsuneap.com.

2

Speak confidentially

with an intake counselor
about your situation or
request.

3

Receive professional support

from our
counselors who will
assist you in resolving
work and life issues.

We Are Here for You

Our dedicated consultants are available 24 hours a day, 7 days a week to address your needs. Crisis calls are handled immediately and all appointments will be scheduled in a timely manner. Use of your EAP is confidential and is not reported to your employer.

All counseling services are confidential in compliance with the law.

Call 800-968-8143 or Visit www.firstsuneap.com