



## **WHAT IS AN EAP?**

The employee assistance program is a confidential information, support, and referral service designed to help you cope with everyday problems that you have in your life. You and your immediate family members can use these services and the

## **Services are FREE and CONFIDENTIAL**

The call center is answered 24 hours a day, 7 days a week. They help with:

- Relationships
- Stress at home or on the job
- Questions about healthy lifestyle
- Legal needs for an attorney referral
- Financial needs such as budgeting
- Parenting concerns
- Aging and retirement
- Drug and alcohol
- Depression and anxiety
- Conflicts and communication
- Help with problem solving
- Support during difficult life events

**For more Information**

**CALL 913-982-8398**

**OR 800-624-5544**

**[WWW.NDBH.COM](http://WWW.NDBH.COM)**