

### ***When should I call?***

Almost everyone experiences difficulties in life at one time or another and can benefit from talking to a professional. You don't need to wait until your concern becomes a crisis. If you are facing challenges, you can find help by calling the EAP.

### ***How can I get more information?***

Call us at 419-529-9941 or 888-805-1561 to ask any question. You can also learn more by visiting the New Directions EAP web site at [www.newdirectionsforlife.com](http://www.newdirectionsforlife.com). This website provides detailed orientations to the EAP for employees and supervisors. Also, you will find helpful information, resources and interactive tools.

### ***Why is this Program Being Offered?***

Your employer believes that you and your fellow employees are the company's most valuable resource.

When personal problems are resolved everyone benefits – you, your family, your co-workers, and your employer.

*To contact your  
Employee Assistance Program call:*

**419-529-9941**

*or*

**888-805-1561**

*Visit your EAP online at*  
**[www.newdirectionsforlife.com](http://www.newdirectionsforlife.com)**



1575 Marion Avenue • Mansfield, OH 44906



**Employee  
Assistance  
Program**

**We Care.  
We Listen.  
We Help.**

## ***What is the Employee Assistance Program (EAP)?***

Your Employee Assistance Program (EAP) is designed to help you maximize your health and effectiveness at home and at work. Through this program you will receive confidential, personal support and counseling for a wide range of issues, from everyday concerns to serious problems.

## ***What can my EAP help me with?***

- Personal, relationship, or family difficulties
- Stress and “burn-out”
- Work-related concerns
- Anxiety, depression, or other emotional conditions
- Legal questions (excluding employment law)
- Budgeting or financial worries
- Alcohol or drug use or abuse
- Parenting issues
- Gambling problems
- Elder care concerns
- Eating disorders
- Any other personal or work-related issues that trouble you

## ***Who may use the program?***

Employees and their immediate family members are eligible for the services of the EAP.

## ***How does it work?***

Call the EAP at 419-529-9941 or 888-805-1561. The first step is to be heard. We will listen to your concerns and offer suggestions to begin working toward a solution. These could include:

- Face-to-face counseling with an EAP counselor
- Consultation with a local attorney or a professional financial counselor
- Referral to community resources or treatment

*Need  
someone  
to talk to?*



***A solution is closer than you think!***

## ***Who will know that I used the program?***

Contact with the EAP is strictly confidential. Exceptions to this policy are made only when you give the EAP explicit permission or when required by law. The EAP must report situations that are imminently life threatening or involve abuse or neglect of a child or vulnerable adult.

## ***What do EAP sessions cost?***

All contacts with the EAP are free of charge. Counseling services are provided for a limited number of sessions. If a referral for additional services or treatment is necessary, EAP counselors will help locate services that are convenient, appropriate and affordable.

## ***What are the hours of service?***

The EAP makes every attempt to schedule appointments during convenient times. This includes day, evening, and weekend hours