



Childcare Resources

Support is there when you need it

National EAP is committed to supporting working parents with our comprehensive Childcare Resource Services. We understand the challenges of balancing work and family life, which is why we're dedicated to providing invaluable resources to assist you in finding quality childcare solutions.

Your employee assistance program can help with information and referrals to assist you in all areas of childcare and general family support.

Your Employee Assistance Program

24/7 access to EAP counseling services and online resources for you and your immediate family members.

National EAP offers self-guided support tools through our **Member Portal** and our AI-powered app based on Cognitive Behavioral Therapy (CBT).



Need Help?

CALL : 1-800-624-2593

[Log On to the Member Portal](#)

How Parents Can Celebrate Themselves

- **Take Breaks** – Rest without guilt, even if it's just a few quiet minutes during naptime.
- **Acknowledge Yourself** – Remind yourself of all you do every day to keep your family thriving.
- **Connect** – Reach out to other parents who understand the ups and downs—you're not alone.
- **Set a Boundary** – It's okay to say no or ask for help to protect your time and energy.
- **Treat Yourself** – Do something just for you—read a book, enjoy a treat, or take a short walk. You deserve it.

How Can National EAP Help?

- ▶ **Member Portal Resources:**
Explore a rich library of articles, webinars, and tools.

Log in and search "Child care" to find relevant content.



- ▶ **Wysa: Mental Resilience App**
Download Wysa, our CBT-based app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools.



- ▶ **Work-Life Resources:**
Referrals to local care providers to include family childcare, daycare centers, nannies, etc.
Contact us today!

