



Supporting Your Household for a **BALANCED LIFE!**

Discover How National EAP Can Assist You

Did you know National EAP services aren't just for employees—they're for your entire household! We understand that issues at home can spill over into your work life, affecting productivity, focus, and overall well-being. National EAP is here to support you and your household to be the best version of yourself wither at home or in the office.

Rest assured, our services are confidential and easily accessible. Whether it's counseling sessions, legal advice, or financial planning, we're here to support you and your loved ones every step of the way.

Your Employee Assistance Program

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

National EAP also offers self-supports online via our Member Portal and our mindfulness app.

We can support you and your immediate household member with..

- ▶ Mental Health and Addiction Services
- ▶ Childcare and Eldercare Referrals and Resources
- ▶ Work Stress and Professional Development
- ▶ Grief and Bereavement
- ▶ Legal and Financial Needs – **FREE** 30-minute consultation with a qualified attorney or financial counselor
- ▶ Referrals to providers such as therapists, treatment programs, and psychiatrists within your insurance network



Need Help?

CALL : 1-800-624-2593

[Log On to the Member Portal](#)

