



FIRST SUN EAP

*Helping People
Be Better At Work*

800-968-8143

EAP: A VALUABLE BENEFIT FOR YOU AND YOUR FAMILY

- EAP services are used by people in order to improve their happiness and success.
- All services are confidential to the fullest extent of the law.
- Services are free with exception of legal documents and some counseling sessions that require a \$25 co-payment.
- These services are paid for by your employer to provide a valuable benefit to you.
- Your benefit includes counseling and worklife services for the whole family.



SERVICES TO YOU AND YOUR FAMILY

- Individual, Couple and Family Counseling
- Worklife Services
 - Financial Services
 - Legal Services
 - Eldercare Assistance
 - Childcare Assistance
 - College and School Assistance
 - Adoption Assistance
 - Pet Care Assistance

INDIVIDUAL, COUPLE AND FAMILY COUNSELING

- Staff available 24/7 for crisis assistance
- Experienced, licensed, counselors available near your work and home
- Issues addressed include personal, grief, trauma, anger, relationship, family, stress, spiritual, anxiety, substance abuse, workplace, depression and more
- Website with articles and videos on a range of personal, workplace and family issues

WORKLIFE SERVICES

FINANCIAL SERVICES

- Experienced and unbiased counselors who do not sell any financial products
- Telephonic services for ease of scheduling
- Assistance with budgeting, debt counseling, refinancing, purchasing a home/car, college funds, retirement funds and more
- Website with articles, tips and worksheets on a range of financial issues

WORKLIFE SERVICES

LEGAL SERVICES

- Experienced attorneys
- Telephonic services for ease of scheduling
- Simple wills, powers of attorney and living wills for a co-payment of \$25 per document
- Assistance with document review, domestic issues, consumer conflict and more
- Website with articles, tips and forms for a range of legal issues

WORKLIFE SERVICES

ELDERCARE ASSISTANCE

- Experienced, caring counselors who consult with you about your needs
- Telephonic services for ease of scheduling
- Resources, tips and articles sent to you
- Assistance with caregiver support, community resources, financial/legal education and more
- Website with articles, tips and a search engine for a range of eldercare needs

WORKLIFE SERVICES

CHILDCARE ASSISTANCE

- Experienced, caring counselors who consult with you about your needs
- Telephonic services for ease of scheduling
- Resources, tips and articles sent to you
- Assistance with child development, special needs concerns, parent/child concerns and more
- Website with articles, tips and a search engine for a range of childcare needs

WORKLIFE SERVICES

COLLEGE AND SCHOOL ASSISTANCE

- Experienced, caring counselors who consult with you about your needs
- Telephonic services for ease of scheduling
- Resources, tips and booklets sent to you
- Information on college searches, entrance exams, scholarship resources, applications, loans, school selection, tutoring and more
- Website with articles, tips and resources on a range of college and school needs

WORKLIFE SERVICES

ADOPTION ASSISTANCE

- Experienced caring counselors who consult with you about your needs
- Telephonic services for ease of scheduling
- Topics include parenting resources, adoption information, assistance with fertility resources and more
- Website with articles, tips and resources on a range of adoption issues

WORKLIFE SERVICES

PET CARE ASSISTANCE

- Experienced caring counselors who consult with you about your needs
- Telephonic services for ease of scheduling
- Assistance with finding boarding or pet sitting resources, finding veterinary services, training new pets and more
- Website with articles, tips and resources on a range of pet care issues