

How to Use Your EAP — EMPLOYEE

Your employer has provided you with an Employee Assistance Program (EAP). This benefit provides free and confidential counseling, services and resources designed to help you and your immediate family members.

What Assistance Is Available?

Counseling Services

Our counselors are here to help with:

- Grief & Loss
- Stress Management
- Alcohol/Substance Use
- Marital/Relationship
- Anxiety
- Depression
- Personal Growth
- Trauma
- Anger Management
- Family Conflicts
- Spiritual Matters
- Workplace Concerns
- Work-life Balance
- Behavioral Change

Life Management Services

We provide the following services so you can be more successful at home and at work:

- Financial Consultations
- Legal Consultations and Documents
- Elder Care Resources and Assistance
- Child Care Resources and Assistance
- College and School Assistance
- Adoption Assistance
- Pet Care Assistance

The Benefit of Using Your EAP

- **FREE**—Counseling and life management services are offered at no cost to you.
- **CONFIDENTIAL**—Services are confidential to the extent permitted by the law.
- **NOT REPORTED**—Individual use of your First Sun EAP is not reported to your employer or manager.
- **FAMILY MEMBERS ARE ELIGIBLE**—Your EAP is available to you and your household family members.
- **SMART GROWTH TOOL**—This free benefit is your own personal and professional growth tool, allowing you to regain balance in your life.



FIRST SUN
EAP

We Help People Be Better at Work

3 EASY STEPS TO USING YOUR EAP

1

Call 800-968-8143

or review online resources at www.firstsuneap.com.

2

Speak confidentially

with an intake specialist about your situation or request.

3

Receive professional support to assist you

in resolving work and life issues.

We Are Here for You

Our dedicated consultants are available 24 hours a day, 7 days a week to address your needs. Crisis calls are handled immediately and all appointments will be scheduled in a timely manner. Individual use of your EAP is confidential and is not reported to your employer.

All counseling services are confidential in compliance with the law.

Call us 24/7/365 at 800-968-8143 or visit www.firstsuneap.com