



Counseling Services

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You and your household members receive three free counseling sessions. These sessions are confidential in compliance with the law.



Employee Assistance Program Services

Make the call to make a difference

You and your household members have access to First Sun EAP's award-winning Employee Assistance Program (EAP). Our services are designed to enhance your personal and professional well-being.

We do better so you can be better

Our highly seasoned and credentialed staff are invested in you. They are professionally trained to assess your needs and get you to the necessary resources for an optimal outcome.

You may use the services whether or not you have chosen to participate in an employer insurance plan.

When your personal or professional life becomes challenging, our licensed counselors are here to help. Here are some concerns counseling addresses:

- *Grief and Loss*
- *Stress Management*
- *Alcohol/Substance Use*
- *Relationship Conflict*
- *Anxiety*
- *Depression*
- *Trauma*
- *Anger Management*
- *Spiritual Matters*
- *Workplace Concerns*
- *Work-life Balance*
- *Behavioral Change*

Convenient Ways to Connect



TELEPHONIC



VIDEO



CHAT



MESSAGING



IN PERSON

Explore the Website

Head to the My EAP tab and select Employees and Families to explore the detailed information about your benefits. Log into the Well-being and Training Center for helpful articles, assessments, calculators, courses, webinars, videos and a resilience app for your personal and professional growth.

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



3 EASY STEPS TO USING YOUR EAP

- 1** Call 800-968-8143 or fill out the Request a Benefit form online.
- 2** Speak confidentially with an intake specialist about your situation or request.
- 3** Receive professional support to assist you in reaching your goals.

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.

Life Management Services

- 5** You and your household members receive free life management services.



Financial Consultations — Financial coaches assist with planning for retirement, reorganizing the family budget, and dealing with a financial crisis.

Legal Services — Our website holds a wealth of personal and legal documents, and legal information. You may also call for a free legal consultation. All legal services are provided by licensed attorneys.

Elder and Adult Care Resources — Receive an expert consultation from our specialists about needs for elderly and disabled adults. As a result, get resources, referral information, and support for caregivers.

Child Care Resources — Consultants advise on how to select child care resources and address child care needs. This also includes routine day care needs, special needs care, swing shift needs, school selection, and summer camps.

College Consultation Resources — Consultants are available for students and working adults who desire assistance in the college search. This also includes identifying resources such as financial aid, test preparation and educational plans.

Parenting and Adoption Resources — Consultants can provide referrals to adoption attorneys, placement agencies, domestic and international adoption agencies, fertility specialists and clinics, etc.

Home and Life Resources — Simplify your to-do list and get information and referrals for household repairs, transportation, grocery delivery, housing rental searches, community connections and more.

Work and Career Development — Experts help with a range of work, career topics, and referrals like job placement agencies, resume writing services, and retirement and savings planning.

Health and Well-being Resources — Receive information on well-being topics plus referrals for specialty care, fitness centers, nutritionists and various support groups.

Pet Care Assistance — Consultants offer comprehensive referral services to assist with veterinary selection, emergency care, grooming, obedience classes, boarding, pet sitting, and the like.

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