

YOUR EMPLOYEE ASSISTANCE PROGRAM

POWERED BY
NATIONAL EAP, INC.



WHAT IS AN EAP?

An EAP is a free, confidential program pre paid by your employer to assist you and your immediate household find solutions to personal or professional problems, big or small.

WELLNESS SERVICES

Introducing our new Mindfulness Online Platform called *eM Life*, it is a live, virtual mindfulness service that helps our members enhance their focus and decrease anxiety and stress levels.

FOR CONSULTATION SERVICES, CALL 1-800-624-2593

LOG IN AT WWW.NATIONALEAP.COM

USERNAME & PASSWORD: FSC



CONSULTATION, COUNSELING & REFERRALS

Members have access to EAP counselors to help address a variety of needs including:

- o Marital and Family Relationships
- o Legal & Financial Problems
- o Stress Management
- o Alcohol and Substance Abuse
- o Crisis Management
- o Parenting Difficulties
- o Domestic Violence
- o Physical and Mental Illness
- o Grief & Loss

WORK/LIFE SERVICES

Financial Consultation

Free telephonic consultation with a financial professional qualified to advise you on a range of financial issues. Telephone consultations are generally limited to thirty minutes per issue.

Legal Consultation

Free half-hour telephonic consultation with an attorney on most legal issues. Discounted rates are available if further legal representation is required.

ID Theft Recovery Consultation

Free 0-minute telephonic consultation with an ID recovery professional, plus free online prevention program Credit Karma.

Online Member Services

- Offers resources, articles, links and interactive tools
- Free legal forms & Living Will
- Searchable database
- Monthly health & wellness topics with live webinars

Pre-Qualified Referrals for Elder/Child Care

- Child care and parenting
- Older adult care
- Legal/financial resources

HOW DO I ACCESS MY EAP & WORKLIFE SERVICES?

TELEPHONE: To speak with a live Client Services Coordinator, simply call 00- 24-25 , who will conduct an intake and develop an EAP action plan with you. EAP Specialists are available 24 hours/3 5 days a year to provide you with immediate telephonic crisis support.

ONLINE: You can also use the online resources at www.nationaleap.com and enter FSC as your username & password. Participate in free webinars and "skill builders" on multiple topics including, self-improvement, workplace skills and a variety of work/life health issues.

You can also access online EAP resources in your member portal [HERE](#).

WILL ANYONE KNOW IF I USE THE EAP?

No, this is a completely confidential service! National EAP, Inc. complies with HIPAA regulations; therefore, no identifiable information is reported to Human Resources, nor will any personal information be released without your written consent.

WHAT IS THE COST TO USE THE EAP?

Services provided to you and your immediate family by the EAP are pre-paid by your employer. You do not pay to utilize EAP services.

GET TO KNOW US



WWW.NATIONALEAP.COM



800.624.2593



@NATIONALEAP



NATIONAL EAP, INC.

