

Expect the unexpected, and know we're here.

Your EAP makes sure when issues arise, you and your loved ones won't face them alone.

Life can be challenging. When your responsibilities start to feel overwhelming and you aren't sure where to turn, it's important to reach out for help. You can lean on your confidential Employee Assistance Program (EAP) for support, resources and referrals. The EAP is also here for the day-to-days things too!

We're here to help

Stress, relationships, work and money. These are the most common reasons people reach out to EAP every year. No matter what issues you're facing, EAP is the perfect first step for you and/or your household members. We have licensed clinicians answering your calls for in-the-moment support.

EAP has many services and resources to help you in every day life.



Counseling

Call us or go online to schedule free sessions with a provider.



Legal & Financial

Navigating finances and the legal system with a 30 minute telephonic consultation.



Work/Life

Referrals and resources for family, caregiving, career, health and wellness needs.



Coaching

Sessions with a life coach are designed to promote self-awareness, and clarify goals.

Reach out for help anytime.

 Call 800-624-5544  Visit eap.ndbh.com  Download our app

Use code **Traverse Connect** to log in.

You have **6** counseling/coaching sessions, per topic, per year.



Visit eap.ndbh.com.