



EAP has you covered.

Choose from face-to-face, online, telephonic or in-the-moment counseling.

Something on your mind at 2 am? No problem.

Looking for a counselor near you? No problem.

Super busy? No problem.

Not sure where to start? No problem.

Stuck at home? No problem.

Intimidated by talking to someone? No problem.

Need help? We're here.

Depending on your situation, your preference for help may change. That's why we offer several different ways for you to get what you need. Whether it's stress, family, finances, work or life in general, don't hesitate to reach out. We'll connect you with what makes the most sense for you.



Check out our app.

Search for
New Directions EAP
in your app store.

EAPC1185-20200902

FACE-TO-FACE COUNSELING

Request a therapy session
at eap.ndbh.com or
call 800-624-5544

ONLINE THERAPY

Visit eap.ndbh.com and click
"Request Counseling."

IN-THE-MOMENT SUPPORT

Call 800-624-5544
to talk to a
licensed professional.